Unlock your charisma and SHINE!

FROM:

managing expectation and timelines

TO:

facilitating anticipation and energy

EXPECTATION:

A feeling that something will or **should happen** in the near future

ANTICIPATION:

A feeling of **excitement** about something that is **going to happen** in the near future

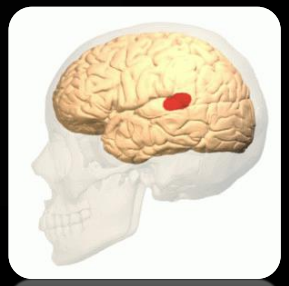
#1: CLEAN AWAY EXPECTATIONS

#2: FACILITATE ANTICIPATION

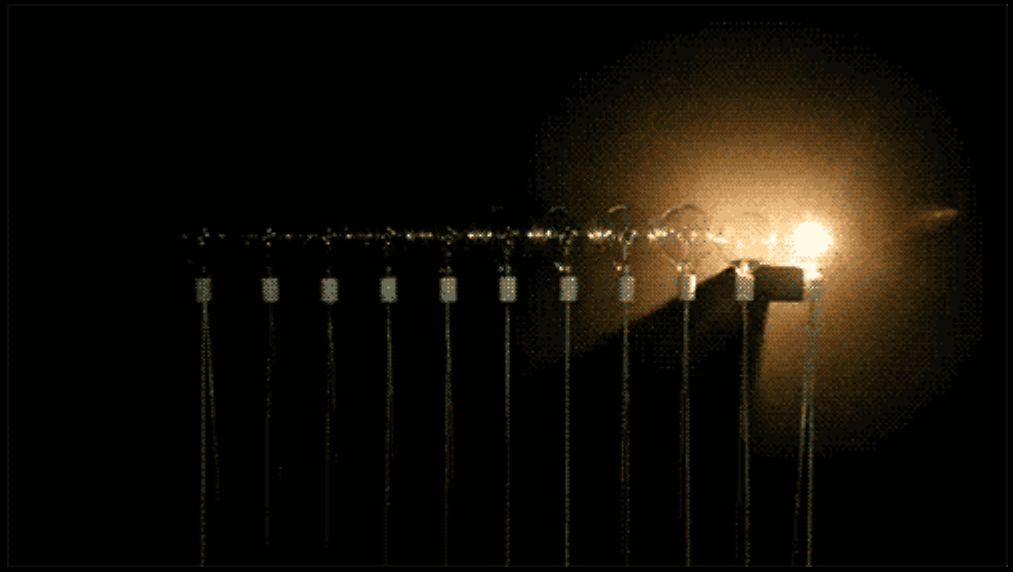
#3: SHINE

#4: COOL DOWN
AND
CHECK KPI'S

Sense
Here
Track
Notice
Breathe
Attend
Accept
Thank
Observe
Be with
Take time
Follow
Allow
Now
Listen
Trust
Feel
Appreciate
My Body



#5: FEED THE RHYTHM
AND
DO



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Empower others by **SHINING** at your best!