



PARALLEL ◊ REALITIES ◊ PRACTICE

Decision Making: A New Perspective and Fresh Approach

4 Elements to the Decision Making Process

- Creating a Container of Trust
- Understanding the Cause of Conflict
- Embracing Opposites
- Practicing Self-Awareness

Creating a Container of Trust

The foundation of this work is built on trust.

We will spend time getting to know each other, discussing the issues and decisions you would like to address, goals you would like to achieve, and questions you may have. This will allow you the opportunity to see if we have a connection and at the same time give you the space to get more comfortable before you begin. You will be working in the container of trust created by our relationship.

Understanding the Cause of Conflict

As human beings we suffer when parts of us are in conflict.

Often you are not even aware of this struggle. In this stage of the process you will take the time to look at the source of conflict and begin to see a road map to help you move in a new direction. You do this by exploring the theories, philosophies, and techniques you will be using to identify unhelpful and helpful beliefs and behaviors, and begin to value and understand the gift of self-awareness. As a result you will prepare yourself with the tools and resources that will provide you support on your way to making clear confident decisions.

Embracing Opposites

Resolving the conflict inside of you requires embracing your opposing parts.

You will start with what I call the peace process which helps reveal those opposing parts. It starts with the work itself. The work begins by putting the tools we have talked about into action. You will further explore the cause of conflict as you look at the rules that created the behaviors which allowed some parts of you to be in power while others were hidden in the shadows. This will increase your awareness of how your making decisions and ignites and strengthens the part of you I call The Conscious Executive Officer, (CEO) which has the ability to stand between your opposing parts, use what is of value from each, and consciously choose what actions to take. It is the *empowered presence* of the Conscious Executive Officer that brings peace to your inner conflicts.

Practicing Self-Awareness

Without practice there can be no mastery.

The practice of becoming aware of the various parts of you as they function during your day brings you into the present moment, the only place life is lived, the only place decisions are made, and the only place change can occur. Using the tools each day cultivates your conscious awareness revealing the clarity and strength that is already alive within you. These are the qualities that will allow you to embrace the totality of who you are. By learning to integrate and harmonize the various parts of your personality with the help of the Conscious Executive Officer, you will bring peace to the inner conflicts that are keeping you stuck from making clear confident decisions.

So if you want to free yourself from old patterns of behavior that are keeping you stuck, and bring clarity to your decisions so you can move forward with greater confidence, you need to become aware of the cause of your confusion, identify the parts of you that are in conflict and shift your attention from searching for an answer and focus it on embracing your opposing parts.

Contact Coly today for your complimentary introductory session to experience this new perspective and fresh approach to decision making.

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