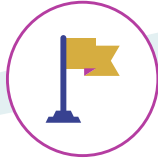


The NavigatE Model Be In Control Under Stress

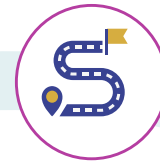
Current Location
How do I react
under stress now?



Destination
How do I want to
respond to stress?



Route
How will I get to my
desired response?



CURRENT LOCATION

UNDERSTAND YOUR STRESS RESPONSE AND TRIGGERS

- What are your behaviors that others can see?
- What is the story you tell yourself?
- What is your unmet emotional need?
- How are your results, relationships and reputation impacted?



DESTINATION

DEFINE HOW YOU WANT TO RESPOND TO STRESS

- What will your outer response look like?
- What will be your inner dialogue?
- What will be your emotional state?
- Why do you need to work towards your desired response?



ROUTE

BRIDGE THE GAP BETWEEN YOUR CURRENT AND DESIRED RESPONSE

- Brainstorm ideas on what you can do to reach your destination.
- Select the top 2-3 solutions you want to include in your action plan.

**DON'T LET STRESS DERAILED YOUR SUCCESS.
CONTACT ME FOR PERSONALIZED SUPPORT.**

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