

Adaptive Edge Domains

01

Emotion Focused

Learn how to build emotional intelligence and validate and regulate your own emotions. This includes processing past experiences that are still affecting you. This domain is beneficial for people who are interested in understanding emotions and learning to heal themselves.

- Learn deeply about emotion from an evolutionary and social psychology perspective
- How do I know if I have experienced trauma? What can I do?
- Learn how to use tools like expressive writing to heal from past events
- Understanding toxic stress, triggers and glimmers
- Understanding polyvagal theory and nervous system regulation
- Master techniques pranayama and meditation to experience your full range of emotion

02

Immunity to Change

Developed at Harvard and used widely in counseling, coaching, and professional development, Immunity to Change coaching is a groundbreaking method for changing maladaptive patterns and habits - from eliminating obsessive thoughts and behaviors to overcoming creative blocks and procrastination issues.

- Uncover your psychological immune system and discover the hidden fears and beliefs that are undermining your best efforts at growth
- Co-create a concrete plan for holistic transformation
- Connect past experiences to current behaviors and beliefs
- Learn and implement research-based strategies for overturning your Immunity to Change
- Foster support and surround yourself with allies who will see you through your change

03

Interpersonal Skills and Performance Goals

It is amazing how drastically your life can be improved simply by mastering the art of communication. Your relationships with family and friends, and your performances at work, are guaranteed to improve.

- Master the principles of Negotiations and Difficult Conversations with techniques from the Harvard Negotiation Project
- Learn how to use Creative problem solving to create value and a win-win situation for everyone, while setting and maintaining personal boundaries
- Assertiveness - Understand when to be assertive, and how assertive to be
- Conflict Styles - What are the strengths and weaknesses of each of the 5 conflict styles? How is your current conflict style holding you back? Learn to master all styles of conflict and when to use them

04

Life Changes

Have your life circumstances changed? Maybe you have graduated college, changed careers, gotten a divorce, or recently had children and you are looking for some support through the transition? The Life Changes path supports you through these changes and helps you understand and appreciate the deep emotions that often accompany such a change.

- Learn the science behind identity and emotion
- Overcome imposter syndrome as you venture into new territories in your professional and social lives
- Define your values and beliefs and live in accordance with them
- Make changes in your relationships or develop new ones
- Learn how to adapt to new environments and make meaningful connections quickly

