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Steps for Living the Community of Excellence

You are the Intervention.

Everything we do, starts with us. Our awareness is the key to connection. We are the intervention.



Excellence is not doing, it is being.

Recognize the dance that is a part of living in a mindful, connected, empowering way.



Recognize the biology of the CoE.

We are hard wired for feeling, thinking and connecting. Build Regulate, Relate, and Reason awareness into everything



Ground yourself in Daily Practices.

Incorporate practices like journaling, deep breathing, meditation, reflective prayer into your day.



Get curious, not defensive.

Give yourself a break and embrace the journey of self-discovery and personal growth nonjudgmentally.



Everything starts and ends with us.

This is an approach to life. It is about being conscious and present in all aspects of our lives - when eating, exercising, spending time with our family and friends, and when we are in our roles at work. Excellence is within everyone.



Embrace the dance.

Keep in mind that this way of being - the work of living in a mindful, connected, and empowered way - requires a dance of balance between support and challenge.

