

biology of the CoE.

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



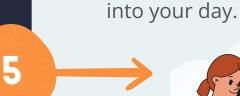
Get curious, not defensive.

Give yourself a break and embrace the journey of selfdiscovery and personal growth nonjudgmentally.



6

3



Ground

Practices.

yourself in Daily

Incorporate practices like

journaling, deep breathing,

meditation, reflective prayer



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.

