

The Conditions for Awesome Growth & Change

Unconditional Positive Regard

All awesome growth is possible when we know we are unconditionally worthy, and our worth is validated and acknowledged!

Honesty

All awesome growth happens in the context of honesty!

Accountability

All awesome growth happens in the context of accountability!

Belief & Hope

All awesome growth happens when we believe change is possible! And, change is always possible!

Acceptance of Process & Complexity

All awesome growth is possible when we view life as a journey and process, with amazing complexities and opportunities!

Strengths & Empowerment

All awesome growth occurs when our strengths are acknowledged and accentuated!

Curiosity

All awesome growth happens in the context of a curious, investigative attitude about our lives, relationships, and life situations!

Creativity

All awesome growth occurs in the context of creativity!

Intuition

All awesome growth happens when we engage our higher, intuitive selves!

