

# TRUST-ology

Self TRUST for Decisive Action

## A Guided Self-Discovery Experience

TRUST–ology is a framework and practices to help bridge the gap between what we KNOW and what we DO with what we know that works. Bridging the KNOW-DO gap allows individuals to address the challenging consequences when the KNOW-DO gap is great including isolation, overwhelm, confusion, low energy/motivation, disconnection and/or feeling stuck.

The focus of TRUST-ology is on maximizing four states of BEING, which by design will close the KNOW-DO gap and allow people to effectively move toward their desired outcomes.

A dedicated commitment to TRUST- ology practices strengthens capacity in the following four states of BE-ing, promoting a solid foundation for self-trust:

- **BE PRESENT**: means paying attention on purpose and without judgment to the unfolding moment and being conscious of what's going on so you can participate fully and appropriately in the opportunities that present themselves.
- **BE OPEN**: means flexible enough to experience different perspectives or points of view, knowing you are always in one/have one and knowing you always have the choice to shift or change your perspective and/or point of view.
- **BE CLEAR**: is when you can identify and let go of the assumptions, doubts and distractions that create distance in your relationships.
- **BE VULNERABLE**: allows you to be comfortable exploring areas of weakness as an opportunity to find undeveloped or underdeveloped strength.

### WHAT'S IN IT FOR ME?

Grounded in self-trust, individuals can contribute to a healthy family, organization and/or community culture that is able to sustain positive outcomes. Participants who experience TRUST–ology are better able to:

- Effectively navigate change
- Achieve a relaxed alert state; the most optimal state for focused learning and performance
- Identify, break down and reframe the limiting beliefs and barriers that impact optimum engagement.
- Trust themselves regardless of the circumstances
- Bridge the relationship divide to impact the difference they want to make in collaboration with others
- Move toward desired outcomes with greater confidence and commitment

For more information about the TRUST-ology Guided Self Discovery Experience contact Jackie at: [jlevin4dream@gmail.com](mailto:jlevin4dream@gmail.com)