

The Objective

"The Point of Power is the moment and in that moment we have a choice!" Uzuri

We all find ourselves in challenging situations in life, not always because we lacked the knowledge or moral compass but because when finding ourselves in the middle of it we didn't have the tools to navigate our way through it.

As a result we often feel out of 'control', 'feed' on control, find others completely or at least partially responsible for our circumstances, situations, and outcomes and feel powerless to shift them. We may hold onto emotions, thoughts and behaviors that create unhealthy results and don't know the emotions, thoughts, and/or behaviors to replace them with that will create what we choose.

When we take responsibility for what is ours, and release what is not ours. When we focus on what we have the power in and let go of what we are unable to control. When we understand the process and engage in it consciously through intention, choice and action/surrender: We tap into an infinite, internal source of power that cultivates results in a healthy, balanced, sustainable and joyful manner in our lives, businesses and relationships.

Research Supports that:

Developing our Social and Emotional Skills improves performance

Self-Awareness and Behavior Management tools redirect people to healthy behavior and positive results

Pair those with Practical Life Skills, Transpersonal Awareness, and Practiced Application in Real Life Scenarios and you have profound, consistent and exponential results

You have **I AM Powerful!**

