I AM POWERFUL MAPPED TO STANDARD THEORIES, THERAPIES, AND PRACTICES



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SUMMARY

The **I AM Powerful** program is an integrative program model developed in response to the absence of a sufficiently comprehensive and cohesive approach available in the market.

The program is delivered in multiple formats. One format is an 8-week cycle delivered once per week for 2-hour sessions over the course of 8 weeks. Groups are facilitated by one to two facilitators and typically include 10 to 25 participants. The program is delivered in both gender-specific and mixed-gender groups and serves participants ranging in age from 17 to 87. Populations served in this format include homeless individuals, victims of domestic violence, mental health patients, individuals with addiction, individuals with dual diagnosis, criminal offenders, and families. This can be delivered live or virtually online.

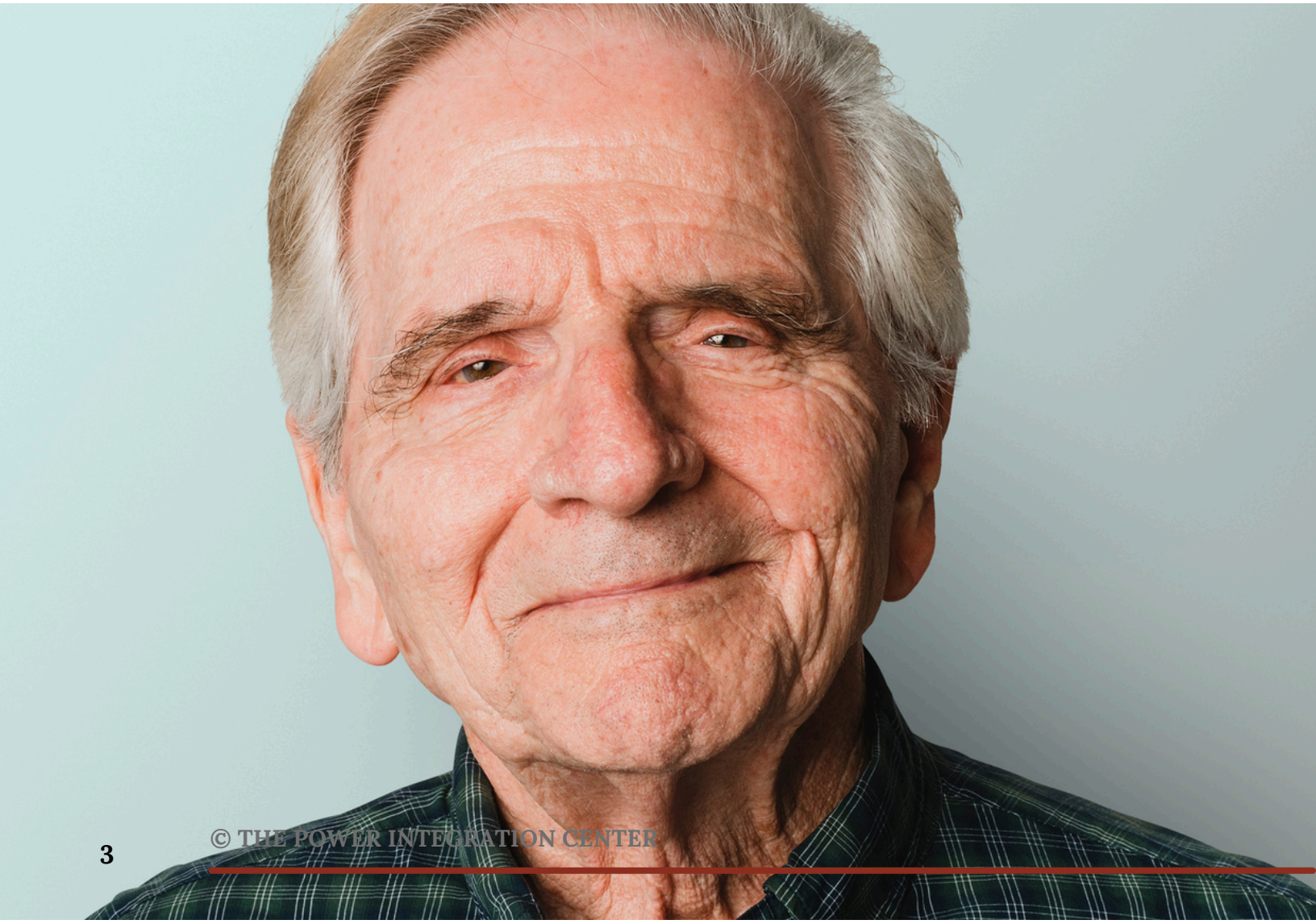
A second format is delivered as a 2-day seminar consisting of approximately 6 to 8 hours per day. This format is also facilitated by one to two facilitators, with an average of 25 -150 participants. Populations served in this format include corporate executives, leaders and professionals across multiple sectors, educators, administrators and staff in educational settings, and families of school-aged children. This can be delivered live or virtually online, as well as through a highly immersive retreat.

All formats leverage a structured support-group model and an indigenous circle format that is experiential, engaging, and reflective. One is delivered over an extended 8-week period, while the other is delivered in a condensed 2-day format.

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The program is a comprehensive, integrative approach that draws upon commonly researched, studied, and recognized concepts, philosophies, tools, techniques, and approaches, including:

1. Cognitive Behavioral Therapy
2. Chaos Theory
3. Relational Theory and Therapy
4. Self-Actualized or Person-Centered Therapy
5. Self-Realization Practices and Philosophies
6. Strengths-Based Approaches
7. Motivational Interviewing Techniques
8. Life Skills
9. Critical Thinking



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WHAT IT WAS NOT DESIGNED TO BE

While **I AM Powerful** was not designed as therapy, standard training, or conventional coaching and development, it aligns with and leverages many of the evidence-based models, theories, and practices commonly used across behavioral health, leadership development, education, and human development fields. It was designed to extend beyond traditional classroom, coaching, or therapeutic formats, through a unique integrated approach.

WHAT IT WAS NOT DESIGNED TO BE

The **I AM Powerful** program was designed as a process-learning model for human development and transformation. It is built to develop knowledge, skills, self-efficacy, and personal transformation simultaneously, in real time, through real-life situations. Rather than separating learning from application, the model is designed so that participants experience the method while learning the method.

This approach differs from traditional classroom instruction by placing development within scenario-centric, experiential, and relationally engaged environments that more closely reflect how life, leadership, business, and relationships actually occur. As a result, learning becomes immediately relevant, highly adaptable, and more durable over time. Participants are not asked to engage concepts only in theory; they work directly with current challenges, real-time patterns, and present-life circumstances, allowing insight, skill development, and behavioral change to occur in the moment.

The program is designed to strengthen personal responsibility, self-awareness, emotional intelligence, behavioral competence, relational capacity, critical thinking, and the ability to make effective choices under pressure. It is intended to cultivate the kind of person who can respond with clarity in complex settings, adapt under changing conditions, lead and relate more effectively, and produce meaningful, lasting, and measurable results.

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Because the model is typically delivered in group-based and relational formats, it also produces important relational effects, including deeper insight, increased trust, stronger communication, healthier boundaries, and greater connectedness with self and others. In this way, the structure of the program reinforces the developmental aims of the program itself.

At its core, **I AM Powerful** was designed to help individuals recognize that the power to shape their experience, choices, and outcomes is within their hands. It is grounded in the principle that people can develop greater responsibility for their lives, become more conscious of how they think, feel, choose, and act, and create more intentional results through increased awareness and aligned action. It was also designed to communicate that power is equitable, that it is available to all people, and that it becomes more accessible as individuals learn to engage the process consciously and consistently.

In addition, the model pairs long-form immersion with short-form developmental bursts across multiple environments. This may occur through communities in which participants are immersed in the practice of behaviors, skills, emotional intelligence, self-awareness, and relational competency in real-life scenarios, or through live immersive experiences conducted outside typical daily environments over multiple days and extended hours. Together, these formats are designed to deepen mastery, reinforce application, and support measurable transformation that endures beyond the immediate learning environment.



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THE INTENDED PARTICIPANT OUTCOME

The intended outcome is increased self-actualization expressed through tangible, practical results in participants' lives. These are outcomes participants learn to take ownership of through self-responsibility, conscious choice, and applied practice using accessible tools, experiences, and developmental triggers. Alongside these practical outcomes, the program is also designed to cultivate an internal sense of peace, power, and passion that is consistently reflected in participants' lived experience.

THE INTENDED PARTICIPANT OUTCOME

Cognitive Behavioral Therapy

The I AM Powerful program aligns in meaningful ways with core cognitive-behavioral principles. Cognitive-behavioral approaches are based on the premise that thoughts influence emotions and behavior, and that change becomes possible when individuals recognize and shift the patterns through which they interpret and respond to experience.

I AM Powerful is fundamentally grounded in core cognitive-behavioral principles. The core of the premise of the program is that you produce your life based on an internal locus of power, versus an external locus of control. Within the PIC frameworks: perceptions drive meaning placement, value assessment, thoughts, emotions, and beliefs; these, in turn, shape choices, actions, and behaviors that produce outcomes, results, and lived experience.

This alignment is reflected in the program's practical focus on awareness, choice, and responsibility. Participants are introduced to process-oriented concepts and tools that can be applied to shift current patterns and generate different outcomes based on their direct influence.

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The program places particular emphasis on helping individuals understand that the choices they make influence the results they experience, and that increased responsibility is directly linked to increased power in shaping those results. In this respect, the model shares with cognitive-behavioral approaches an interest in how learned responses can be examined, interrupted, and replaced with more constructive patterns.

At the same time, **I AM Powerful** differs from standard cognitive-behavioral instruction in several important ways. It is not primarily directive, prescriptive, or technique-driven. Rather than teaching a single prescribed method, it offers participants a set of principles and tools that may be applied through personal choice and ownership. The emphasis is less on compliance with a technique and more on conscious ownership of the process through which outcomes are created. In this more adaptive model, responsibility is not framed as optional; it is treated as inherent to human choice, whether or not that choice is made consciously.

The program also aligns with cognitive-behavioral traditions in its use of reflective and inductive processes. Participants are encouraged to examine the meaning they assign to experiences, to distinguish among fact, truth, and interpretation, and to assess whether a current perception is producing the result they desire. By strengthening awareness of meaning-making in the moment, the program seeks to increase participants' ability to shift perspective, make more intentional choices, and alter both emotional and behavioral outcomes.

A further point of alignment is the program's emphasis on applied practice. Each session asks participants to engage the principle in lived experience between sessions, reinforcing learning through action, reflection, and personal accountability. This supports the development of self-responsibility, conscious choice, and sustained application over time.

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A distinguishing feature of I AM Powerful is its explicit recognition that inaction is also action and that the absence of an intentional choice still produces an outcome. Participants are therefore invited not only to act differently, but to become more conscious of the choices they are already making, including passive or avoidant ones, and to take responsibility for the results those choices create. The program positions this increase in consciousness, together with acceptance and responsibility, as central to long-term change in thought, emotion, and behavior.



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Chaos Theory

The **I AM Powerful** program also reflects principles consistent with Chaos Theory, particularly the concept of sensitive dependence on initial conditions. Popularized through Lorenz's work and often referred to as the Butterfly Effect, this principle demonstrates that small shifts in initial conditions can produce substantial differences in long-term outcomes. Within I AM Powerful, this concept is translated into a practical human-development framework through the understanding that seemingly small choices, perceptions, and shifts in awareness can produce significant effects across behavior, relationships, and lived experience.

This principle is introduced through the program's opening session, The Ripple Effect, which establishes the premise that individual choices have effects that extend beyond the immediate moment and influence broader relational and life outcomes. In this way, the program uses chaos-informed thinking to help participants understand both the interconnectedness of human experience and the cumulative impact of repeated patterns over time.

The program applies this framework to everyday life, relationships, and decision-making by helping participants distinguish between naturally occurring patterns, ongoing processes, and the many variables that influence outcomes. Rather than treating life events as random or wholly controllable, the model teaches participants to identify where influence is possible, where it is limited, and how even small changes in present-moment choice can alter future outcomes. This principle is operationalized most directly through the program's **Circle of Power tool.**

At the core of this application is the proposition that effective functioning requires the ability to differentiate between what is within one's sphere of influence and what is not. **I AM Powerful** teaches that while outcomes are shaped by numerous interacting variables, individuals retain power in the present moment through conscious choice and intentional action.

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This orientation strengthens adaptability, cognitive flexibility, discernment, and more effective response under conditions of uncertainty, complexity, and change. It also reinforces a practical sense of interconnectedness by helping participants recognize that actions, perceptions, and decisions do not occur in isolation, but within dynamic relational and environmental systems. By understanding process, pattern, and variable interaction more clearly, participants are better able to act where influence is possible, make higher quality and considerate decisions, release what lies beyond their control, and respond with greater steadiness, competence, and resilience.

Relational Theory and Therapy

Relational theory and relational therapy are grounded in the understanding that human development, identity, healing, and behavior are shaped in relationship. From this perspective, psychological functioning cannot be understood in isolation from interpersonal experience, because connection, mutuality, trust, validation, and relational patterns play a central role in how individuals perceive themselves, regulate emotion, make meaning, and engage the world.

The **I AM Powerful** program is grounded in principles consistent with relational theory and therapy, both in its structure and in its process. This is reflected across delivery formats, including the 8-week structured support-group model and the 2-day seminar model. In both formats, development occurs within relational-based environments that integrate connection, reflection, shared experience, and experiential practice as central mechanisms of change.

The program's design intentionally uses group processes to strengthen mutual empathy, validation, perspective-taking, trust, and authentic connection. Sessions incorporate structured opportunities for participants to reflect, share, witness, and engage one another directly, including dyad-based and group-based exercises that bring concepts into lived relational experience.

This is significant because the model assumes that self-awareness, behavioral change, and shifts in perspective are strengthened when they are not only understood internally, but also experienced interpersonally.



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A central contribution of this relational structure is that it helps participants experience the link between self-awareness and social functioning. Through reflected validation, mutual witnessing, and real-time interaction, participants gain both an internal and external perspective on their patterns, choices, and impact. In this way, the program uses relationships as a mechanism for increasing trust, vulnerability, accountability, and willingness to take action. These processes are especially important in populations with elevated risk factors, trauma exposure, or relational disruption, where safety, acceptance, and connection are often prerequisites for durable change.

The relational design also supports the development of healthy competencies associated with effective human functioning. These include stronger communication, greater empathy, increased authenticity, healthier boundaries, improved relational discernment, and a deeper sense of connection to self and others. By engaging participants in shared and experiential processes rather than isolated individual reflection alone, the model strengthens relational capacity in ways that extend beyond the learning environment and into ongoing life contexts.

Within **I AM Powerful**, relational process is not supplementary to the intervention; it is integral to it. The program treats connection, authenticity, mutual responsibility, and interpersonal experience as central to how individuals shift beliefs, choices, actions, and longer-term outcomes. In this respect, its alignment with relational theory and therapy lies in the proposition that meaningful transformation is reinforced through relationship, reflected experience, and shared human process.

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Self-Actualized or Person-Centered Therapy

Person-centered therapy is grounded in the principle that meaningful change is self-directed and that long-term sustainability is strengthened when individuals are guided inward toward their own experience, self-awareness, agency, and capacity to generate change from within.

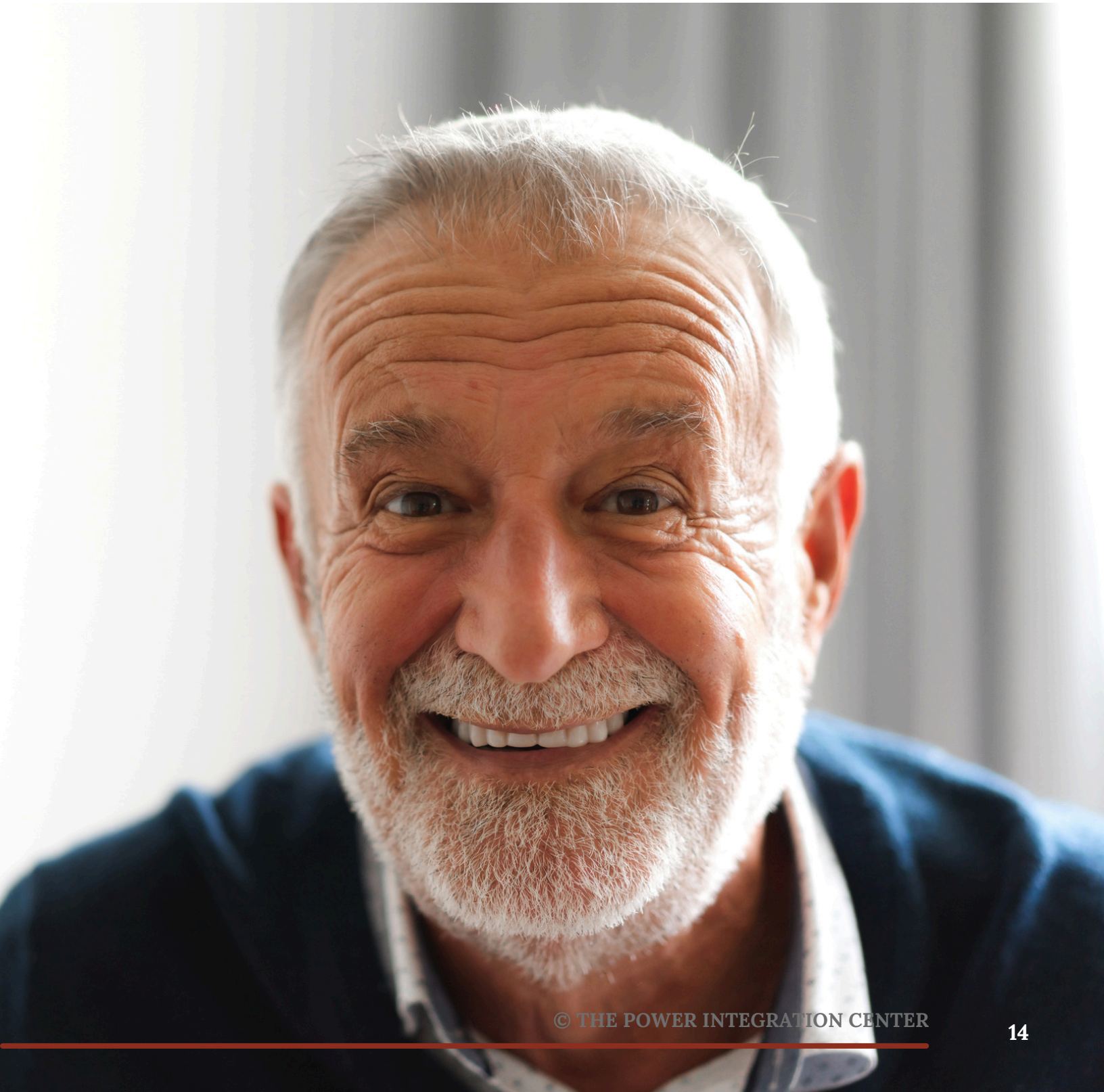
It places responsibility for growth and movement with the participant rather than relying primarily on directive instruction, and it assumes that greater self-understanding, openness to experience, and congruence support healthier functioning across emotional, relational, and behavioral domains.

The I AM Powerful program aligns directly with these principles. Its facilitation model is participant-centered and process-oriented, guiding individuals back to themselves to work with their own choices, perspectives, beliefs, actions, and emotions as mechanisms for change. Rather than positioning the facilitator as the sole authority, the model is designed to help participants develop greater self-awareness, self-responsibility, personal authority, agency, and capacity for self-directed change.

This alignment is reflected in the program's emphasis on openness to experience, self-understanding, emotional ownership, and relational honesty. Across sessions, participants are guided to recognize and articulate what they are feeling, distinguish internal processes more clearly, reduce defensiveness, and strengthen their ability to communicate in ways that support both self-regulation and healthier relationships. The program also reinforces practices associated with self-acceptance, forgiveness, surrender, and gratitude as part of broader developmental integration.

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The program also reflects core person-centered conditions such as congruence, unconditional positive regard, and empathy. These are not treated as abstract ideals, but are embedded within facilitation, participant interaction, and the program's communication frameworks.



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Participants are therefore not only recipients of these conditions; they are also taught to practice them with themselves and with others. This dual application strengthens both personal growth and interpersonal competence.

A distinguishing feature of I AM Powerful is that it extends these person-centered principles into an explicit developmental model of responsibility and conscious choice. Participants are encouraged to treat lived experience as informative rather than purely evaluative, and to view outcomes as linked to choice, perception, and interpretation rather than to fixed identity categories of right and wrong. Within this structure, emotional responses are engaged as meaningful indicators that can guide awareness, discernment, and change.

The model further deepens person-centered alignment through what it describes as parallel processing. Participants do not simply experience empathic, nonjudgmental, and growth-oriented facilitation; they are also taught to internalize and apply those same processes in self-reflection and in relationship with others. In this way, the program strengthens participants' ability to self-coach, communicate with greater authenticity, and move progressively from insight to ownership, lived practice, and shared expression.

Within I AM Powerful, person-centered principles therefore function not only as a relational stance, but as an active mechanism for increasing self-awareness, emotional congruence, interpersonal effectiveness, and sustained personal responsibility. In this respect, the program's alignment with self-actualized and person-centered therapy lies in its emphasis on agency, authenticity, empathy, and the participant's capacity to become an active agent in their own development.

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Self-Realization, Contemplative, and Transpersonal Traditions

Self-realization is most accurately situated within humanistic, contemplative, and transpersonal traditions that emphasize self-awareness, presence, integration, and the development of one's fuller potential. In psychology, closely related constructs include self-actualization, associated with humanistic psychology, and forms of self-transcendence and contemplative development that emphasize awareness, regulation, perspective, and connection beyond narrow self-identification.

The I AM Powerful program aligns directly and deeply with these traditions through its emphasis on presence, self-awareness, intentional choice, perspective, and the integration of being and doing. Rather than treating development as purely behavioral or cognitive, the model also addresses how individuals locate themselves in relation to meaning, experience, and a broader sense of connection. In this respect, the program approaches self-realization not as abstraction, but as an applied developmental process through which individuals become more conscious of how they think, choose, interpret, and participate in their lives.

A central feature of this alignment is the program's emphasis on increasing awareness of internal processes. Participants are asked to observe the language they use, the meanings they assign to experience, and the patterns through which those meanings shape emotion, behavior, and identity over time. This reflects a core aim of contemplative and self-realization traditions: strengthening awareness of internal activity in ways that support greater presence, discernment, regulation, and intentionality. Contemporary contemplative research similarly links such practices with increased awareness, self-regulation, perspective, and enduring well-being.

The program also reflects a both-and developmental orientation. It does not prioritize being over doing, or introspection over action. Rather, it treats them as interdependent. Self-awareness is intended to inform action, and action is intended to become more congruent, conscious, and aligned through increased awareness.

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In this way, participants are not only encouraged to understand themselves more deeply, but also to translate that understanding into responsibility, critical thinking, conscious choice, and applied change in lived contexts.

Another important point of alignment is the program's emphasis on acceptance, surrender, forgiveness, and perspective. These are engaged not as passive states, but as developmental tools that reduce unnecessary reactivity and support greater steadiness, emotional range, and coherence. This is consistent with contemplative and transpersonal frameworks that view awareness, perspective, and reduced over-identification with momentary states as important to more stable and integrated functioning.

Within I AM Powerful, self-realization is therefore best understood as an applied process of awareness, integration, and conscious participation. Its alignment with humanistic, contemplative, and transpersonal traditions lies in its emphasis on presence, self-observation, meaning-making, connectedness, and the development of a more intentional way of being. Its distinction lies in requiring that these insights be translated into measurable shifts in choice, behavior, responsibility, and life outcomes.



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Strengths-Based Approaches and Frameworks

Strengths-based approaches are grounded in the principle that individuals, families, groups, and systems possess existing capacities, competencies, and resources that can be identified and leveraged to support healthier functioning and more effective outcomes. Rather than organizing intervention primarily around deficit, pathology, or dysfunction, strengths-based models focus on value, capability, and possibility as mechanisms for change.

The **I AM Powerful** program aligns closely with this orientation. It is structured to help participants identify what is working, what is adding value, and what existing strengths can be used to redirect behavior, choices, and outcomes. In this respect, the program treats strength not as a secondary feature of development, but as a primary mechanism through which change becomes possible.

A central feature of this alignment is the program's emphasis on reframing. Participants are asked to examine their perceptions, thoughts, emotions, beliefs, and actions in terms of whether they are adding to or subtracting from the results they are producing. Where patterns are found to be subtractive, participants are guided to identify and apply more constructive alternatives already available within their existing capacities, perspectives, or behaviors. This process supports self-awareness, intentional choice, and self-directed behavioral redirection.

The program also reflects strengths-based practice through its language, facilitation, and group process. It avoids organizing participants around stigmatizing labels or deficit-based identities and instead reinforces value, possibility, responsibility, and capacity. Strengths are actively mirrored by facilitators, reflected interpersonally within the group, and reinforced through structured feedback processes. In addition, the model teaches and leverages core relational competencies such as witnessing, holding space, repair, and strengths-based engagement in how participants relate to themselves and to others.

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These practices deepen compassion, strengthen safety, increase resilience, support forgiveness and gratitude, and expand the ability to recognize and amplify value in both self and others.

This orientation has important developmental implications. By focusing attention on strength, value, and usable capacity, the model supports hope, self-efficacy, self-sufficiency, and more effective self-management. It also reduces the likelihood that participants will organize around shame, helplessness, or fixed deficit identity. Instead, individuals are guided to engage challenge through conscious assessment, acceptance, and choice, while remaining accountable for the outcomes they create. The strengths-based framework within I AM Powerful also reinforces equity. It assumes that power is not a fixed differential possessed by some and absent in others, but a human capacity that can be accessed more effectively through awareness, responsibility, and intentional action. For this reason, the program consistently redirects participants toward what is available, what is valuable, and what can be leveraged constructively in the present moment.

Within I AM Powerful, strengths-based practice is therefore not limited to a facilitation style; it is embedded in the full intervention model. Its alignment with strengths-based approaches lies in its consistent emphasis on capacity, value, reframing, responsibility, and the redirection of behavior toward healthier, more productive, and more sustainable outcomes.

Motivational Interviewing

Motivational Interviewing is an evidence-based, person-centered, and goal-directed method designed to strengthen an individual's own motivation, commitment, and readiness for change by exploring and resolving ambivalence. SAMHSA describes MI as an effective evidence-based technique for helping clients resolve ambivalence about behaviors that prevent change, and MI's core spirit is widely defined by partnership, acceptance, compassion, and evocation.

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The **I AM Powerful** program aligns closely with this methodology and embeds core Motivational Interviewing principles throughout both facilitation and program design. This is reflected in the program's emphasis on personal agency, self-directed outcomes, internal motivation, nonjudgmental engagement, and the consistent redirection of participants inward toward their own awareness, values, choices, and capacity for change. In this respect, the program does not rely primarily on external persuasion or prescriptive direction; rather, it is structured to help participants identify their own reasons for change, strengthen ownership of that change, and translate insight into action.

A central point of alignment is the program's use of facilitative rather than coercive process. Motivational Interviewing is designed to draw out a person's own priorities, values, strengths, and wisdom in support of change, rather than imposing motivation from outside. In similar fashion, **I AM Powerful** consistently redirects participants toward self-observation, self-responsibility, and conscious choice as the drivers of behavioral and relational change. This makes the model especially compatible with long-term self-sustainability, because participants are not only receiving intervention; they are building the capacity to generate movement from within.

The program also reflects MI in the way it engages ambivalence, resistance, and readiness. Rather than treating hesitation, inconsistency, or uncertainty as failure, the model uses them as part of the developmental process. This is consistent with Motivational Interviewing's emphasis on working with ambivalence, avoiding argumentation, and supporting forward movement through guided exploration rather than confrontation. In practice, this strengthens openness, reduces defensiveness, and increases the likelihood of meaningful commitment to change.

Another important point of alignment is the use of core relational and communication competencies associated with MI practice. MI training emphasizes person-centered engagement skills such as open questions, affirming strengths, reflective listening, and summaries, often referred to as OARS. It also emphasizes an underlying stance of collaboration and respect for autonomy.

These same qualities are embedded in the facilitation style of **I AM Powerful**, where participants are engaged through reflective process, strengths-based interaction, and communication structures that support clarity, accountability, self-efficacy, and change from within.

Within **I AM Powerful**, Motivational Interviewing is therefore not used as a stand-alone technique, but as an embedded evidence-based methodology integrated into the broader intervention model. Its relevance lies in its consistent support for self-directed change, intrinsic motivation, personal responsibility, and sustainable behavioral transformation. In this respect, the program's alignment with MI is both philosophical and practical: it uses the core mechanisms of partnership, acceptance, compassion, evocation, and participant-led movement as central conditions for durable change.



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CLOSING SUMMARY

Taken together, these alignments demonstrate that the I AM Powerful program does not rely on a single theory, modality, or developmental lens. Rather, it intentionally integrates multiple evidence-based approaches, research-informed methodologies, and clinically recognized techniques into one cohesive model designed to address the whole person. This includes cognitive, behavioral, emotional, relational, developmental, strengths-based, motivational, and transpersonal dimensions of human functioning as they operate together in real life.

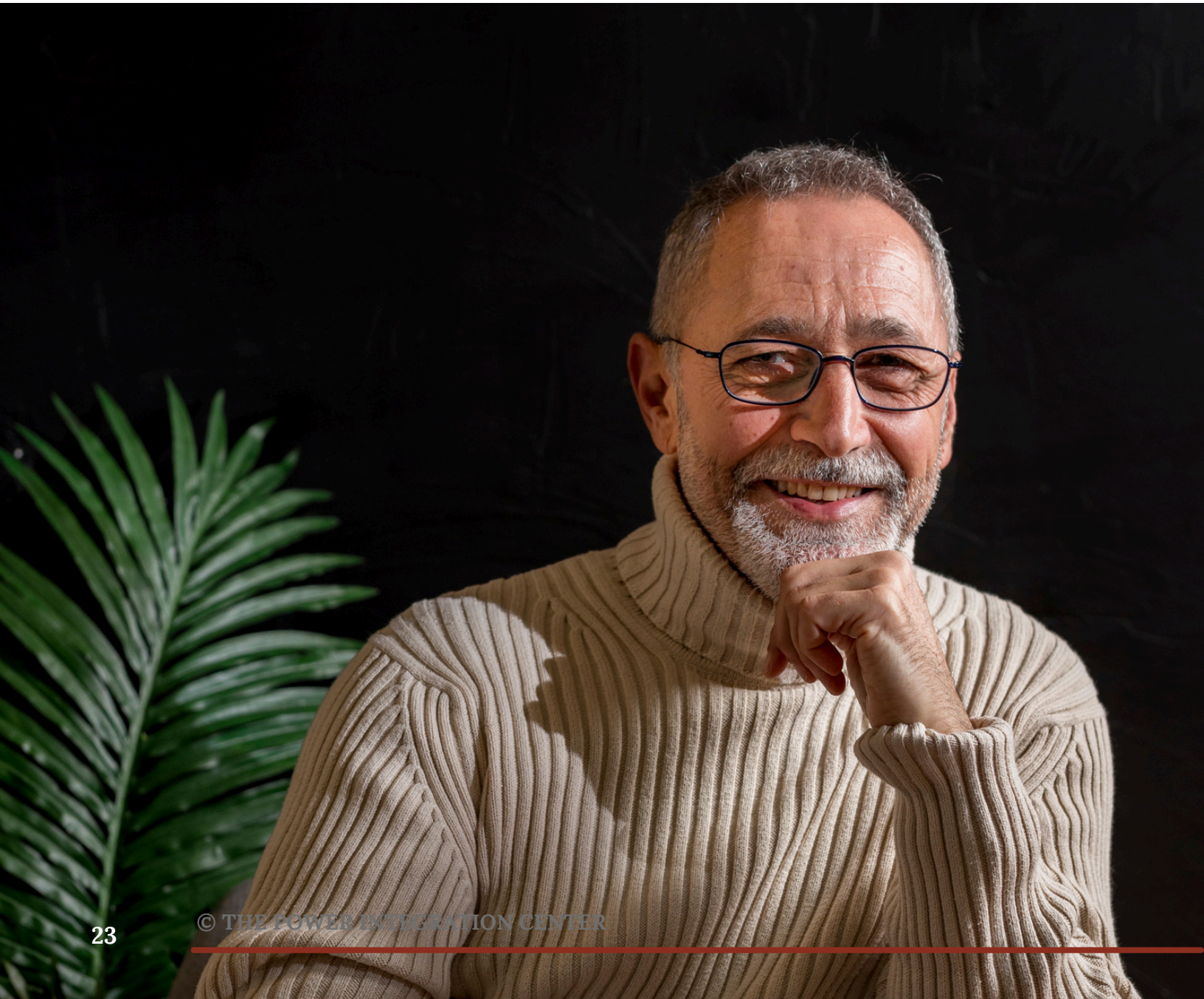
This integrative design is significant because human beings do not experience life in isolated categories. People do not think separately from how they feel, relate, choose, behave, lead, adapt, or make meaning. Life occurs in real time, under pressure, across overlapping personal, relational, familial, institutional, and professional contexts. The I AM Powerful model is built to reflect that reality. Its intervention structure is designed to match, mirror, and meet participants where they are in life by engaging the same multidimensional conditions under which change, challenge, conflict, and growth actually occur.

For this reason, the program provides a more relevant and more ecologically valid intervention environment than approaches that address only one domain at a time. It does not treat cognition apart from emotion, emotion apart from behavior, behavior apart from relationship, or relationship apart from meaning, identity, and responsibility. Instead, it leverages these domains as interacting dimensions of a unified human system. This allows participants not only to gain insight, but to translate that insight into applied skill, behavioral change, relational capacity, emotional competence, and sustained action.

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In this respect, **I AM Powerful** functions as an integrated human development and intervention model. Its distinctiveness lies in its capacity to synthesize multiple evidence-based traditions into a single experiential, relational, and process-based methodology that is both rigorous and deeply applicable to lived experience. By doing so, it strengthens the relevance, immediacy, and durability of participant change, while remaining aligned with the complexity of how people actually live, learn, lead, recover, and transform.

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