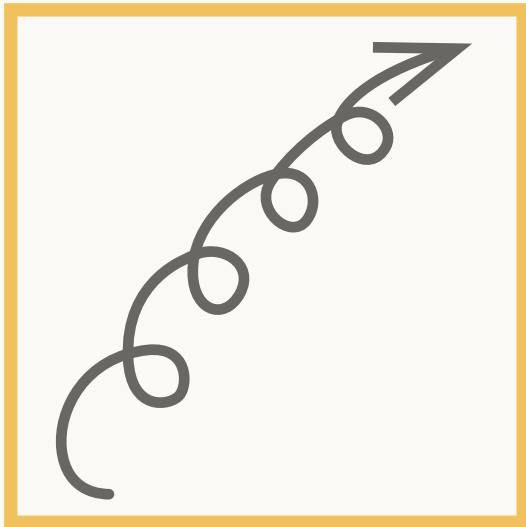
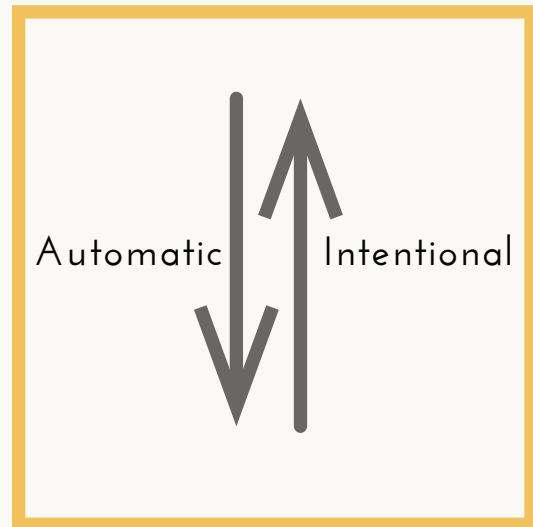


I am a Beacon of Change

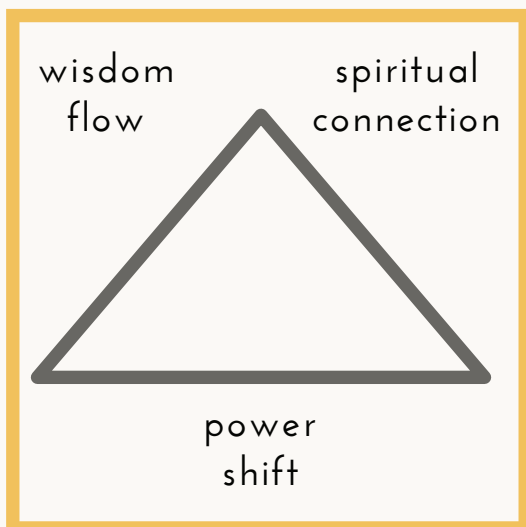
The Spiral of Personal Growth



The Downshift / Upshift Model



The Triangle of Transformation



Living Outside Your Comfort Zone

