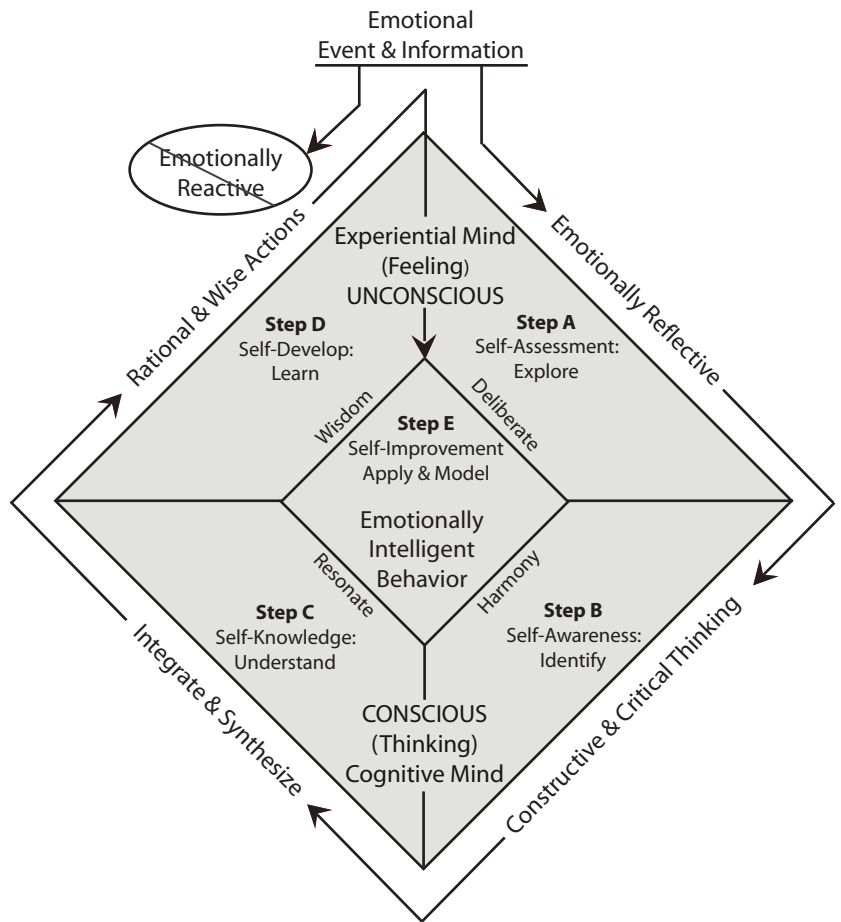
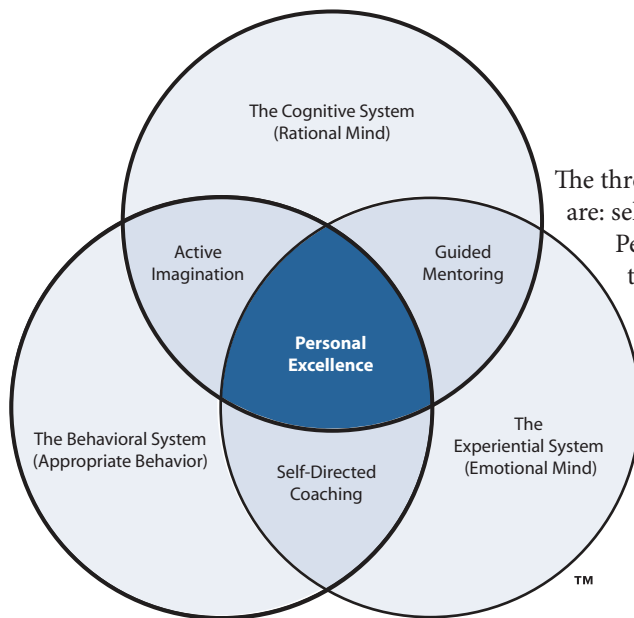


The Emotional Learning System™

The Emotional Learning System™ (ELS) provides a guide for understanding your immediate experiences. By understanding and using the information received from both your cognitive and experiential systems, you can learn to choose behavior based on constructive and critical thought processes. This is called intentional behavior. With practice, intentional behaviors become habitual and automatic. Intentional behavior is reflective. Reactive behavior is impulse driven, almost automatic and is occasionally done without thought or an awareness. Impulsive behavior is self-defeating and detracts from personal excellence.



Personally Meaningful Growth and Development



The three primary learning strategies to improve your personal excellence skills are: self-directed coaching, emotional mentoring, and active imagination. Personal excellence is achieved through a habit of engaging the ELS using the three learning strategies to integrate the cognitive and experiential systems to achieve self-valued and intentional behavior.



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