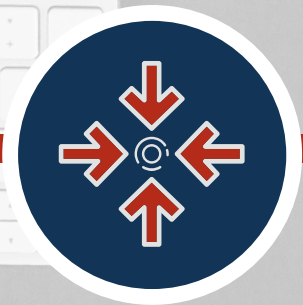




THE G.A.I.N. MODEL



GATHER

Gather critical data from your physical "fight, flight freeze fawn" sensations



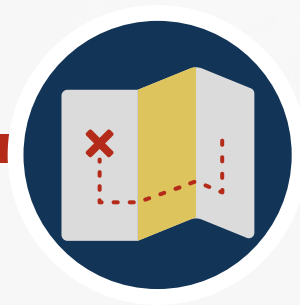
ASSESS

Assess the current situation by pausing before moving forward in a reactive response



INITIATE

Initiate your proactive response by aligning your Emotional Awareness with your intention



NAVIGATE

Navigate your next steps consciously with the goal of clear communication and connection

"Harness the knowledge of emotional intelligence to unlock your highest potential"

-Luz Gonzalez



INCREASE EMOTIONAL AWARENESS

Your team will be able to identify the challenges around intra communication and gain valuable tools to speak effectively, creating a more collaborative, safe, and engaging work environment, lowering turnover.