

QUICK TRANSITION TECHNIQUE:

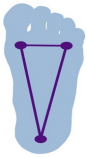
Outcomes:

- Helps you to **Respond** not **React**
- Enables you to transfer the experiences from the session to the work place scenario
- Enables you to access the Status Toolkit
- Acts as a quick memory trigger

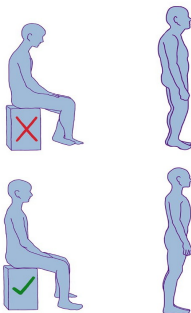
Transition Technique:

Before speaking think: **1) Feet 2) Spine 3) Breath**

1. Feet



2. Spine



3. Breath

