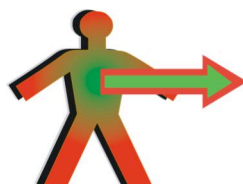


An Introduction to Five Rings Coaching



Unifying Mind-Set with Action
for Professional Excellence
and Personal Fulfillment

ACTION AND MIND-SET

Nothing happens without Action.

Action doesn't happen without Mind-Set.

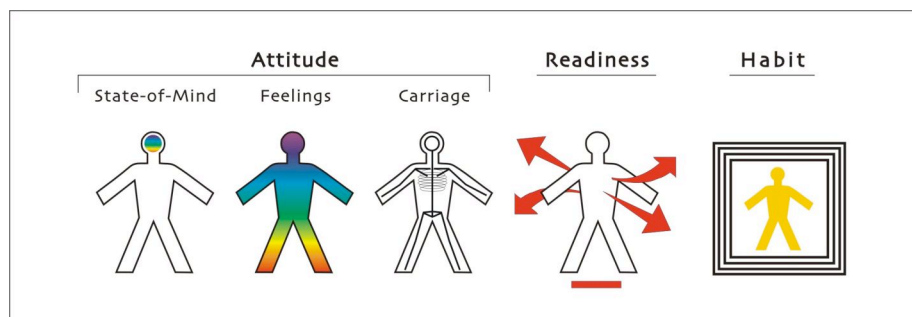
Every mind-set is a unique combination of: *Attitude, Readiness and Habit.*



LEVERAGING THE 90% FACTOR

When words alone are not enough, add the 90% Non-Verbal Factor to what you already know and can do with Words.

More than just *body*, the non-verbal includes visual thinking, the intelligence of our senses, and opportunities to influence ourselves and others - rapidly, effectively, and genuinely.



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THE LANGUAGE OF MOVEMENT

The fastest, most effective, and genuine way to influence the non-verbal dimensions of Mind-Set and Action is through the factor common to all realms - *movement*.



"Nothing happens until something moves." Albert Einstein

"Movement never lies." Martha Graham

THE PRACTICAL POWER OF MOVEMENT

Your results are shaped by how you move through life.

The way you move through life can be seen
in the way you move through space.

By working with how you move through space,
you can change how you move through life.

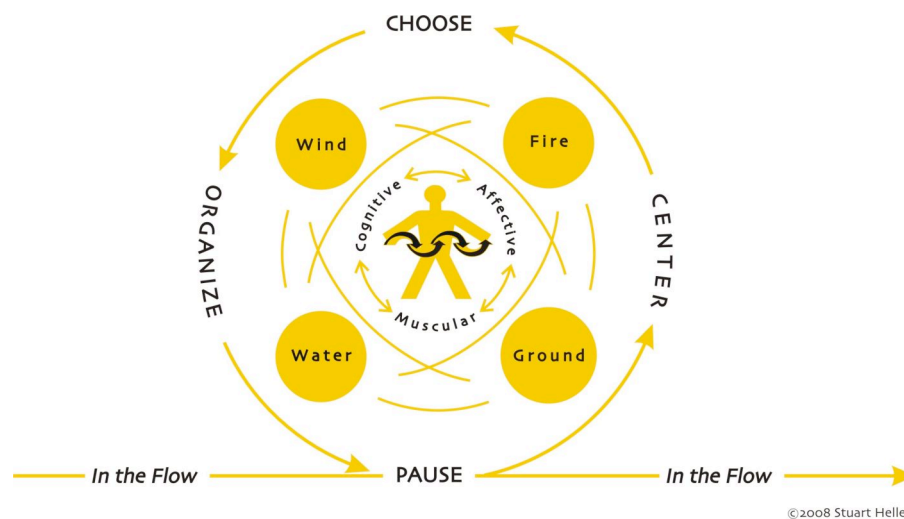
The more of yourself you bring to the moment
the clearer, stronger, and more masterful you become.

Incredible results follow naturally.

THE FIVE RINGS MODEL

The global background of the Five Rings Model
offers an easy-to-use and powerfully effective way
to accomplish your goals, personally and professionally.

It is based on the proven practices, strategies, archetypes,
and forces necessary for optimal results.



THE FIVE RINGS COACHING METHOD

1. Develop the ACTION x MIND-SET that fits the Goal
2. Work with, not against, the BUREAUCRACY OF HABIT
3. Deal with the Transition Tensions and CHALLENGES

*Our specialty is assisting you with important and difficult
conflicts, problems, people, and situations.*

FIVE RINGS LEARNWARE

Five Rings Learnware integrates
MIND-SET WITH ACTION in the learning process.

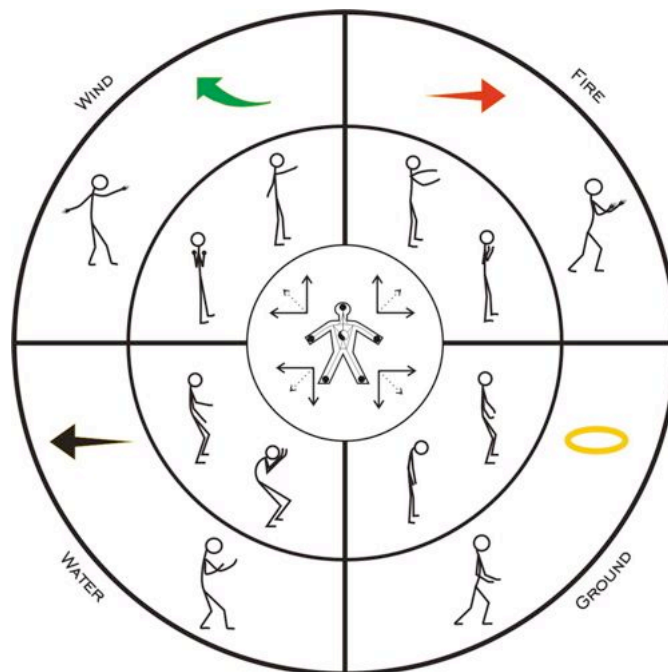
Our practices can be used in the midst of your daily life,
when you really need the skills, perceptions, and energies.

With our moving systems learning technology, you can receive
hands-on personal attention anywhere in the world,
in person, over the phone, or via the internet.

When you add the 90% factor to what you know verbally,
you will be amazed at how quickly you can attain your goals.

The key to our system is the Five Rings Matrix,
which links the normally invisible non-verbal factors
with mind-set, mood, conversation, choice, and
relationship, cognitive and behavioral styles.

These patterns also have an immediate impact on
how you handle stress, conflict, and powerful emotions.



"The strategies for success are the strategies of Nature."

Miyamoto Musashi, *A Book of Five Rings*

*"Your first and foremost job as a leader is to take charge of your own energy,
and then to help orchestrate the energy of those around you."*

Peter Drucker