

Active Change Management To Master Your Life

Cutting-edge approach to effectively adapt to change

What is The Pause Method™?

The Pause method™ is a cutting-edge approach to dealing more effectively with the ever-increasing demands caused by the magnitude and pace of change in our lives. It is designed to use new ways to deal with both internal and external information overload.

Active Change Management

The Pause Method™ teaches people to utilize high-impact, few-seconds-to-a-few-minutes transformative techniques in a practical fashion throughout the day. Providing a way to organize and reorganize information and change the very way we relate to organizing information. The outcome of The Pause Method™ becomes a daily-integrated individual process of attaining greater personal effectiveness.

The Pause Method™ essentially makes use of two different sets of tools:

- To replace inner data that is obsolete, limiting or debilitating. These are usually the short time-segment techniques for release throughout the day as needed.
- To replace or upgrade our entire inner operating system using longer periods of time-out in on-site training or retreat.

“Inner data” refers to our thoughts, beliefs, emotions and energies.

“Inner operating system” refers to the very way in which we process information. This include self-image, identity and basic assumptions we make which ultimately result in our behavior and habits. “Outer data” refers to any commercial or personal information one is exposed to, including interpersonal and energetic interactions.

Upgrading our inner data and our inner operating system is needed to meet the ever-increasing demands of our lives. This method is used to become more effective, to become more motivated, and is also a tool for anger management and crisis management. Making transformations to your inner data and inner operating system is an approach to crisis and anger management that deals with potential problems before they arise.