

## What can The Pause Method? do for you, as an individual?

- Increases flexibility and adaptivity -- the number-one leadership quality for the 21st Century
- Provides re-focusing tools
- Increases your capacity to release stress more rapidly
- Increases ability to focus on your highest priorities and still accomplish the lesser ones
- Decreases stress
- Increases creativity, proactivity and productivity
- Improves functioning under stress and deadlines
- Increases range of choices
- Decreases automatic and compulsive behaviors.
- Provides you with a way to make your choices more conscious
- Decreases debilitating or limiting behaviors, thoughts, and patterns.
- Increases energy
- Increases a sense of well-being and being in charge of one's life