

TRANSFORMATION TOOLKIT

Evidence-Based Techniques for Personal Change

Welcome to Desiderata Consulting's
Transformation Toolkit Guide.

This resource introduces you to three
powerful techniques we use in our
Immersive Coaching Experience (ICE)
programs.

While these tools are most effective when
implemented with professional guidance,
this guide provides foundational knowledge
and starter practices for your self-directed
growth journey.

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POWER POSING

What Is Power Posing?

Power Posing involves adopting expansive, confident body postures that trigger neurochemical changes in your body. Research suggests that holding these poses for just 2 minutes can:

- Increase testosterone (confidence hormone)
- Decrease cortisol (stress hormone)
- Improve your feelings of power and tolerance for risk



POWER POSING

The Science Behind It

Harvard researcher Amy Cuddy pioneered work on power posing, demonstrating how our body language affects not just how others see us, but how we see ourselves.

While some aspects of the original research have been debated, numerous studies confirm that our physical posture influences our mental state.



POWER POSING

Basic Power Poses

1. The Victory Pose
2. The Wonder Woman/Superman
3. The CEO



POWER POSING

The Victory Pose

- Stand tall with feet shoulder-width apart
- Raise your arms in a V-shape above your head
- Lift your chin slightly and maintain an open chest
- Hold for 2 minutes



POWER POSING

The Wonder Woman/Superman

- Stand with feet slightly wider than shoulder-width
- Place hands firmly on hips
- Keep chest open and shoulders back
- Hold for 2 minutes



POWER POSING

The CEO

- Sit in a chair
- Lean back slightly
- Put feet up on desk or table (ankles crossed if preferred)
- Place hands behind head with elbows wide
- Hold for 2 minutes



POWER POSING

Implementation Guide

When to use Power Posing:

- Before high-pressure situations (interviews, presentations, difficult conversations)
- During moments of self-doubt or anxiety
- As part of your morning routine to set a confident tone for the day
- Whenever you need a quick confidence boost



POWER POSING

Implementation Guide

Key Tips:

- Find privacy when possible
(bathroom stalls work well in public settings)
- Focus on your breathing while holding the pose
- Mentally affirm your capability and strength
- Start with 2 minutes and increase duration as comfortable

Remember: Power posing works best when you genuinely engage with the posture rather than mechanically going through the motions.



TAPPING

(EFT - EMOTIONAL FREEDOM TECHNIQUE)

What Is Tapping?

Tapping, or Emotional Freedom Technique (EFT), combines elements of ancient acupressure with modern psychology. By tapping on specific meridian points while focusing on negative emotions or physical sensations, you can release emotional blocks and reduce stress response.



TAPPING

(EFT - EMOTIONAL FREEDOM TECHNIQUE)

The Science Behind It

Research shows that tapping stimulates the amygdala and other brain structures involved in the stress response.

Clinical studies have demonstrated its effectiveness for anxiety, PTSD, phobias, and other emotional challenges.

It works by sending calming signals to the brain while processing difficult emotions.



TAPPING

(EFT - EMOTIONAL FREEDOM TECHNIQUE)

Basic Tapping Points

1. Karate Chop (side of hand, below pinky finger)
2. Top of Head (crown)
3. Eyebrow (beginning of eyebrow, near nose bridge)
4. Side of Eye (bone at outer corner of eye)
5. Under Eye (bone directly under eye pupil)
6. Under Nose (philtrum - between nose and upper lip)
7. Chin (midpoint between lower lip and chin)
8. Collarbone (junction where collarbone and sternum meet)
9. Under Arm (side of body, about 4 inches below armpit)



TAPPING

(EFT - EMOTIONAL FREEDOM TECHNIQUE)

Basic Tapping Sequence:

1. Identify the issue - Name a specific emotion, challenge, or physical sensation you're experiencing
2. Rate intensity - On a scale of 0-10, how intense is this feeling?
3. Create a setup statement - "Even though I feel [this emotion], I deeply and completely accept myself"
4. Begin tapping sequence:
 - Start with the Karate Chop point while repeating your setup statement three times
 - Tap 5-7 times on each remaining point while stating a reminder phrase ("This anxiety," "This fear," etc.)
 - Complete the full sequence 2-3 times
5. Re-rate intensity - Notice any changes in your emotional state



TAPPING

(EFT - EMOTIONAL FREEDOM TECHNIQUE)

When to use Tapping:

- During acute stress or anxiety
- When experiencing emotional triggers
- Before sleep if troubled by racing thoughts
- When physical symptoms have emotional components
- As a daily practice for emotional regulation

*** Modify the wording of the statement so that it is positive and authentic to you.



COLLARBONE STATEMENTS

What is a Collarbone Statement?

Collarbone statements speak to and strengthen our hearts and affect our emotional state. They should always be spoken in present tense.

How to Use a Collarbone Statement:

While repeatedly tapping both collarbone points, repeat a single statement of truth, positivity and encouragement out loud three times, then do the 'karate chop' (from EFT/tapping) three times.



COLLAR BONE STATEMENTS

- I trust myself to navigate this challenge successfully.
- I am grounded and secure, regardless of what's happening around me.
- I release what I cannot control and focus on what I can.
- I am patient with myself as I process these feelings.
- I create space between my thoughts and my reactions.
- My mind is clearing, and solutions are emerging.
- I am resilient and recover quickly from setbacks.



COLLARBONE STATEMENTS

- I am calm and centered even in challenging situations.
- I handle pressure with grace and clarity.
- I release all tension and breathe in peace.
- I am stronger than my temporary feelings.
- This moment is difficult, but I am fully capable of moving through it.
- I choose peace over worry in this moment.
- My anxiety does not define me or control my actions.



TRANSFORMATION TOOLS

For maximum effectiveness, consider how these techniques can work together:

1. Start with Power Posing to shift your physical and emotional state
2. Follow with Tapping to address specific emotional challenges
3. Use collarbone statements anytime you feel your confidence waning, your mindset

Remember that consistency is key. Even a few minutes daily with these techniques can create cumulative benefits over time.



TRANSFORMATION TOOLS

Next Steps

For Self-Directed Practice:

- Start with 2-minute power poses daily
- Learn the basic tapping sequence and use it for one specific challenge
- Keep a journal to track your results



TRANSFORMATION TOOLS

For Comprehensive Support:

Explore Desiderata Consulting's
Immersive Coaching Experience
(ICE) programs for expert guidance
in implementing these tools in real-
time within your actual
environment.

Visit www.desiderataconsulting.com
to learn more.



TRANSFORMATION TOOLS

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Please consult with qualified health professionals regarding your specific circumstances.

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