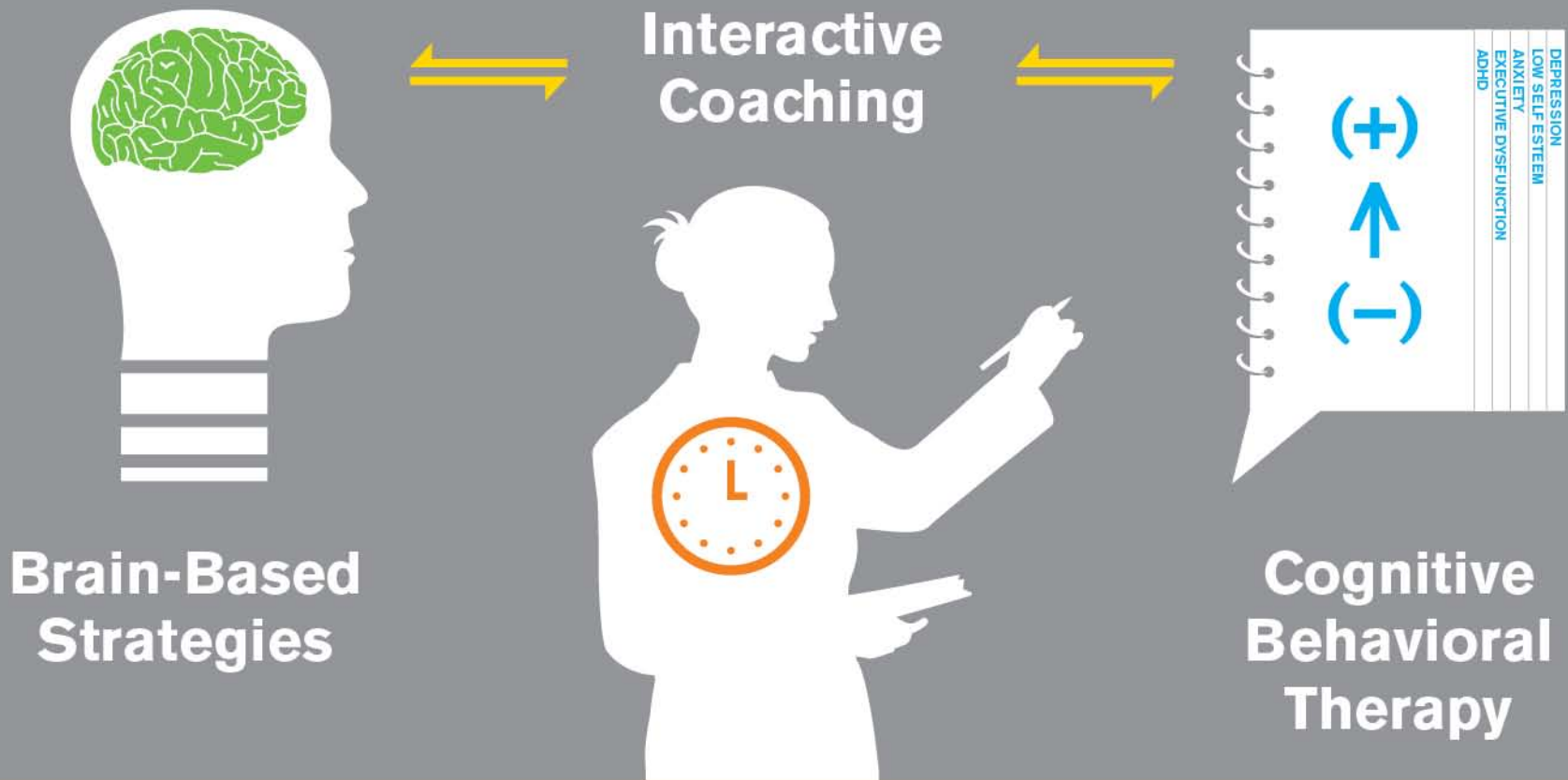
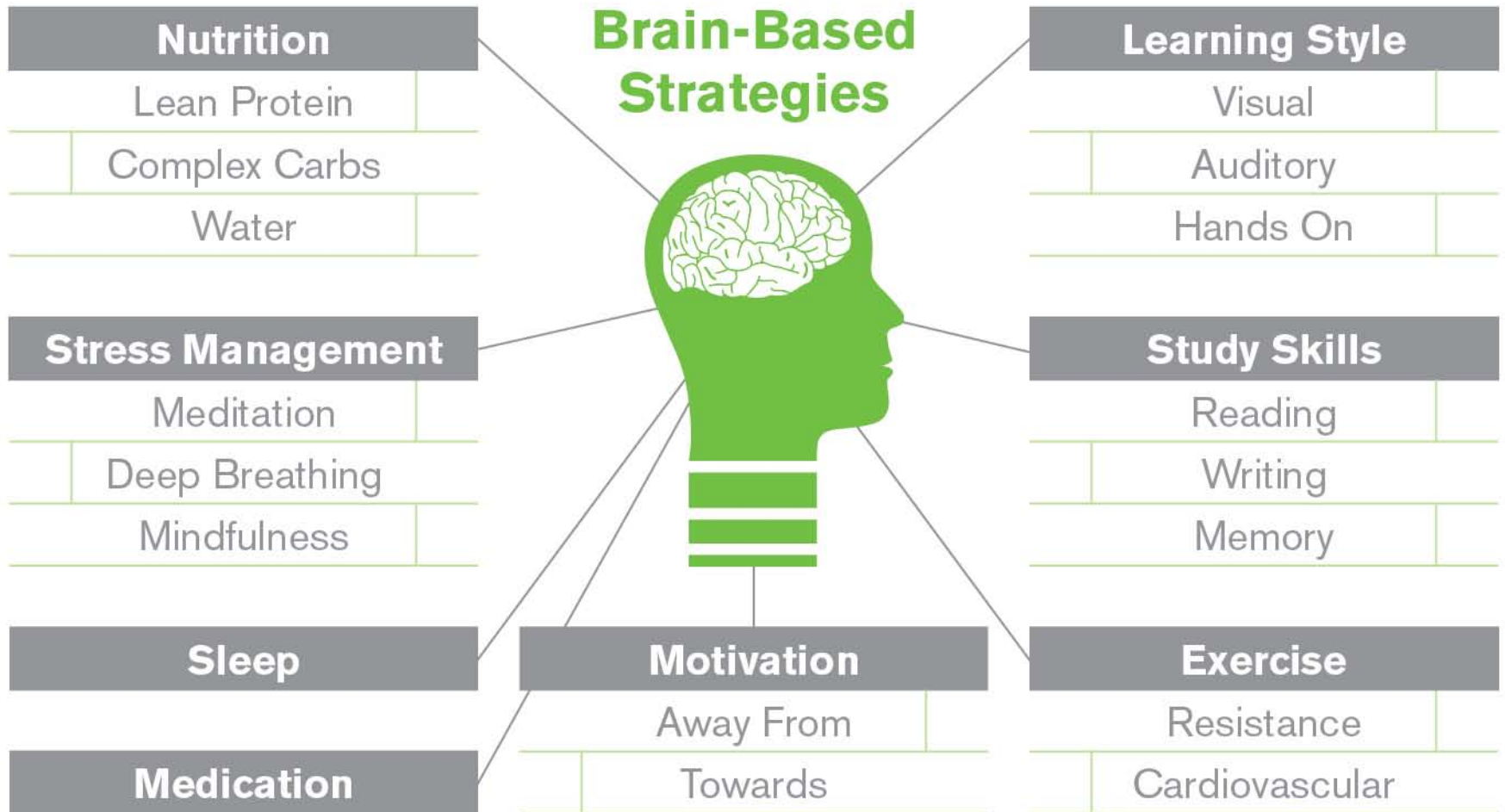


INTEGRATED ACTION APPROACH





Interactive Coaching Solutions In Progress



Skill
Development



Goal
Setting



Prioritization



Time
Management

Problem
Solving



Action
Plans



Partnership



Solution
Implementation

Cognitive Behavioral Therapy

ACTION!

I will go for a walk and then research five articles.

(+)

Productive Thought

I will break tasks down into pieces and prioritize.

↑

Edit Thinking

Agenda Planning/Cost Benefit Analysis

↑

Identify Thinking Error

All or Nothing/Fortune Telling

↑

Negative Thought

I can't get everything done.

(-)