The **Synergy Coaching Model™**
A guide to Working Smarter Not Harder!
"Own it, Choose it, Live it!"

Comfort Zone (Retreat)

- **Low energy**
- **Fixed mindset, closed to learning**
- **Status Quo**
- **Stuck in blaming, shaming, complaining**
- **Surviving, not really thriving**
- **Taking care of others at our own expense**
- **Tiptoe through life trying not to make a mistake**
- **"I've always done it this way"**
- **Thoughts and behaviors that don't serve anymore**

Learning Zone (Respond)

- **Highest return on your energy!**
- **Growth mindset, Open to Learning**
- **Best place to be focused & productive**
- **Takes personal responsibility**
- **Self Compassionate**
- **Looks inward for validation**
- **Acting, not reacting**
- **Thriving, not just surviving**
- **Energy is of expansion and enthusiasm**
- **Open to the gifts and lessons in life**
- **Faith in power greater than ourselves**

Panic Zone (React)

- **No return on your energy**
- **Unable to think clearly, Fear and confusion**
- **Fight or Flight response**
- **Physical symptoms of panic attack… racing heart, shallow breathing**
- **Scattered, unfocused energy**
- **Shut down emotions to cope**
- **Look to others for validation**
- **Reacting, not acting**
- **Self destructive or unhealthy behaviors used to cope**

What Zone do YOU want to Own? May it always be the Learning Zone!