

five phases of personal empowerment

DISCOVERED BY FOUNDER,
ELIZABETH FISCHER

05	empowered	LEADING / MENTORING / ADVISING / EDUCATING / TRAINING / ADVOCATING / PERFORMING
04	determined	FLOW-STATE / FIERCELY FOCUSED / MOMENTUM / CONFIDENCE / UNSTOPPABLE / TENACIOUS / PERSEVERING
03	vulnerable	RELUCTANT / CAUTIOUS / SELF-DOUBT / UNCOMFORTABLE / WOBBLY / NOVICE / MISTAKES / FAILING FORWARD
02	willing	RESOURCING / RESEARCHING / EXPLORING / PREPARING / INQUIRING / OBSERVING / LISTENING & LEARNING
01	fear	INTIMATED / TOLERATING THE INTOLERABLE / PARALYZED BY FEAR / CURIOUS INACTION