

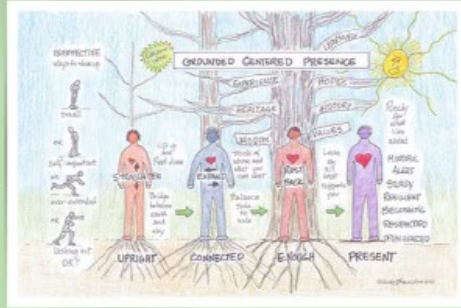
# TOUCHSTONE GUIDES POSTERS

## Centered Grounded Presence

(featured in Stand Strong Part One: Coleman Learns to Center)

Using this image we remind ourselves that an upright, connected, supported stance is key to speaking and acting with conviction and purpose.

*When we are centered we are alert, connected, present, and ready for whatever is next. Being centered makes it almost impossible to be anxious, stressed or impulsive. ~ Doug Silsbee*



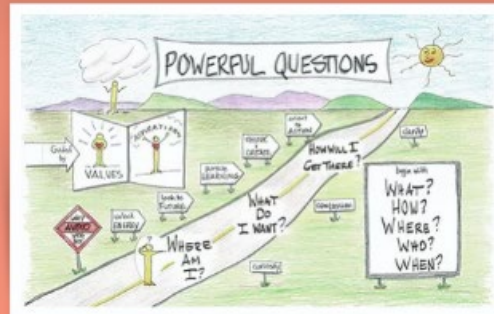
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## Powerful Questions

(featured in Stand Strong Part Two: Will Learns to Ask Powerful Questions)

Open-ended questions that begin with who, what, how, when, or where; cannot be answered by yes or no; evoke creativity and learning, and are action-oriented.

*Powerful questions change things. ~ Michael Poindexter*



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## Accountability Pathway

(featured in Stand Strong Part Three: Shayla Learns to Use the Accountability Pathway)

A continuum of the steps which one may take in moving from inaction to a commitment to effective action.

*I learned what true accountability looks like. ~ Sarah Zarantonello*



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# TOUCHSTONE GUIDES POSTERS

## Creative Resourceful and Whole

We hold ourselves and others (and the whole world) in a relationships of love and respect. The principles contained within those relationships make them mutually supportive and reciprocal.

*The words creative, resourceful, and whole, took on a whole world of deeper meaning. ~ Anna Kate McWhorter*

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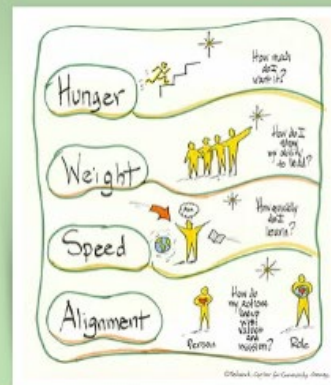


## Hunger, Weight, Speed, Alignment

How we show up in the world depends on what we bring - our desires, our gravitas, our thirst for learning and the alignment of our actions with our own values and with the values of the organizations with which we intersect.

*I've learned the importance of showing up as a leader and consciously bringing my hunger, weight and speed into a space. ~ Althea Dryden*

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## Old Shore/Transition Zone/New Shore

A visual adaptation of the ideas in William Bridges Transitions: Making the Most of Life's Changes, this image is a powerful image for managing our own and our organizations' change processes.

*I see this trying time as another new transition and not an ending! ~ Ari King*

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