

# Tru'th to Transformation



## The IRPMethod©

Introspection • Retrospection • Projection

### COMPETENCIES ADDRESSED

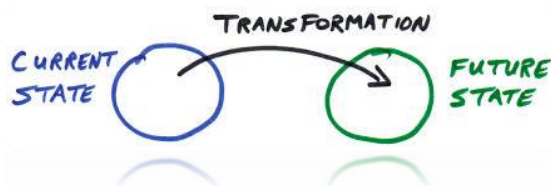
**Introspection:** Acknowledging where you are “now” is the first step on the road to transformation. Introspection is about turning the spotlight inward for personal evaluation, identifying areas for celebration, as well as the challenges that can be used as the springboard for transformation.

**Retrospection:** In order to *understand* where you are, taking a step back to the past is necessary. Previous experiences, connections with people and old conversations all provide insight into how you show up in the world. Retrospection can be an uncomfortable process but is essential to understanding how thoughts and behaviors are shaped, and how they influence your “now” and your future. It is, perhaps, the most important factor in the transformation process.

**Projection:** Once the evaluation of the present and reflection on the past is complete, then you can begin to frame your future! Projection allows you to develop plans and take action steps to move you into the future you desire and that you deserve.

### CONTEXT

Transformation is a life altering process and can be a continuous effort to help you get to your best level, whether it's in your relationships, health, finances or spirituality. The IRPMethod© to transformation uses a set of processes, tools and techniques to help you achieve success on the journey!



### Program Overview

Finding your truth, or as TruSynergy likes to refer to it as “tru'th”, requires key steps in order to be effective and sustainable. Tru'th simply is an individual measure of life at any given moment, be it in your relationships, health, finances or spirituality. The IRPMethod© is the foundation of all the services TruSynergy provides, whether through individual or group coaching programs, workshops or speaking engagements. It is TruSynergy's formula for understanding your tru'th and then using it to transform your life in a major way.

There are a series of programs and topics available:

- **The Transformation Success Strategy (Signature Session)** – 10 week or 5 day Bootcamp with specific strategies and techniques to create a personalized track for effective transformation.
- **Self-Image is Everything** – a systematic approach to identifying the correlation between self-image and achieving goals and dreams.
- **Stress Management and Effective Communication** – a series of corporate training programs that identify sources of stress, how it influences communication and the techniques that can effectively manage both.
- **6 Steps to Transformation** – 6 simple steps to develop and execute a solid plan for change that can be applied to any area of life.
- **The Formula for Creation** – understand the 3 powerful factors that are blended together to yield the successful manifestation of your goals.

### Schedule

These sessions can be delivered based on the needs of the client.

### Learning Outcomes

- Identify the barriers that impact your ability to enact lasting change and create the best version of who you were created to be.
- Obtain tools and techniques that can be used consistently in any area of life for transformation sustainability.



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