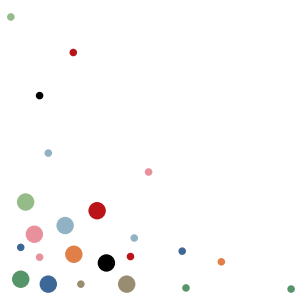
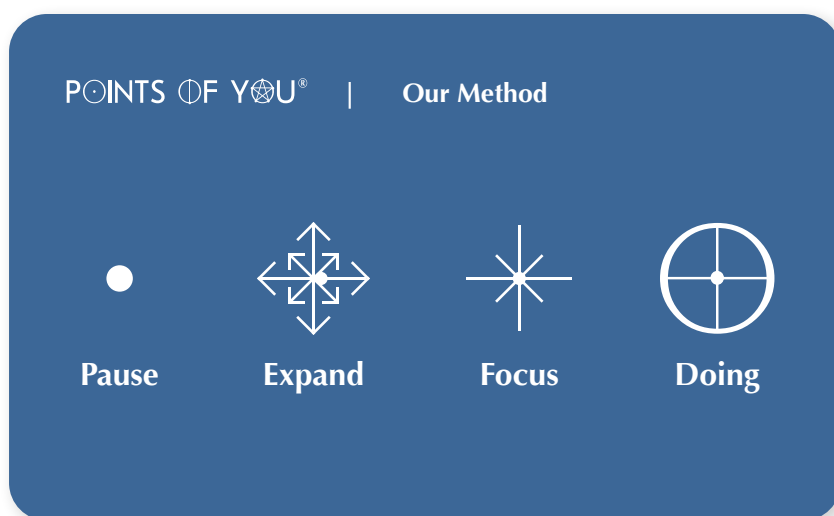


Our Method

How does the magic happen? How does it work?

Everything we have created throughout the years - games, workshops, content - was created using the **Points of You®** method. Our method includes 4 stages that do the job.





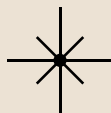
1. Pause

Pausing is a mindfulness tool that helps us to take time out, to be in presence, to go into transitions easily... Pause will change our frequency from a hectic daily one to a slower one that helps us to observe deeply.



2. Expand

In every situation, there are countless points of view. The challenge is to observe life from a different one and to see what we usually cannot see. In this step, we are searching for the unknown, without knowing where it will lead. This is a stage that opens us up for new thoughts, insights, feelings and observations. It is about Everything is Possible.



3. Focus

After examining all the relevant points of view, we pick the most significant insight / thought that we have, and we ground it. We clarify which of the options that pop up is the most relevant for us in the here and now and we pin it.



4. Doing

Doing is the stage when we shift from the potential to the concrete. We are taking it back to reality. We are asking the question - What can we do to take this insight into our life? Tachles!