

Learning Through Experience

Purpose: Help leaders shift from cognitive understanding to embodied familiarity.

1) I tend to evaluate my coherence practice based on:

- how calm I feel
- how consistent I am
- how well I “do” it
- how familiar it’s becoming
- how easily I return

2) Signs that coherence is becoming more familiar include:

(e.g. quicker return, less judgement, earlier noticing)

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3) When I lose coherence, I’m willing to treat that moment as:

- failure
- information
- practice
- reminder

4) One way I can practise without effort is:
(e.g. shorter practices, more frequent pauses)

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5) A sentence I'll carry is:

“Coherence becomes accessible through experience, not effort.”

*You don't learn coherence by thinking about it.
You learn it by returning to it.*