

THE CYCLE OF CHOICE

**Fear as a lever
Choice as a tool
Responsibility as a purpose**



**Scuola di fallimento
2020**



Two of our daily activities are "choosing" and "deciding". Every day we ask ourselves which solution we can adopt, which will be the consequences from our choices and how others will react if we fail. We don't always know what to do when we are put in front of difficult decisions. We look at the issue from every corner, but no options seem to be the right one. Sometimes it feels like any direction we end up choosing it's like tossing a dime. And then it may happen that we leave to the others the option to choose on our behalf.

Is it possible to make the right choice?

We believe that there are no absolute right or wrong choices, but only conscious choices. The Cycle of Choice will help you change the perception around the decision-making process, and increase your awareness and your responsibility – meaning your ability to consciously respond to changes.

The more uncertain we are, the more afraid we are. Uncertainty makes us feel insecure, but the truth is that also in certain times there is no security: we may find out that despite all our evaluations being correct, we have made a wrong decision. And moreover, a choice that we consider wrong today may turn out to be right tomorrow.

The fear of making a wrong choice, the fear of failing and making mistakes is one of the most common emotions. Emotions come from the latin word *emovère*, which means to bring out, to move out, to shake. Emotion is nothing but a shaking, a vibration of the soul. Feeling too much emotion is crippling. Feeling less emotional makes us apathetic and indifferent. Overestimating our fears can be deleterious, underestimating them makes us insecure and inadequate. The right level of fear gives us wings.

Is it possible to turn your fear into your best ally?

We believe it is possible.

How?

By learning to know yourself (your values, attitudes, objectives);

By observing your limits in order to overcome them;

By trusting your abilities;

By celebrating the positive results;

By tolerating your mistakes.

Whatever you dream of doing, start it. Don't be afraid of fear.
Once you start, you're half of the way.

Purpose

Every day we make choices and we know that – even unconsciously – everyone is looking for meaning. That’s why we created the Cycle of Choice: our purpose is to enable the inner power of each individual to choose consciously.

Mission

Our mission is to help you to make conscious choices.

This means that:

- you will better understand why you are at a deadlock and cannot move forward
- you will deepen the knowledge of your true self, of your values, your goals, your talents.
- you will acknowledge the brain patterns that influence your way of thinking and lead you to make repeatedly the same mistakes.

We will help you to make conscious choices – meaning that whatever are the actions you decide to take, the choice will be **yours**.

Team



Chiara Bodini

Talent Agent
The unconventional
Storyteller



Federica D'Armento

Clarity Agent
The inside-out Vocalist



Natalia Acuña

Mindfulness Agent
The inner Visioner



Francesca Corrado

Mindset Agent
The rebel Architect

We believe in five tools:

Listening, Conversation, Visualization, Playing, In (Formation).

And we have one motto:

Fear as a lever - Choice as a tool - Responsibility as a purpose.



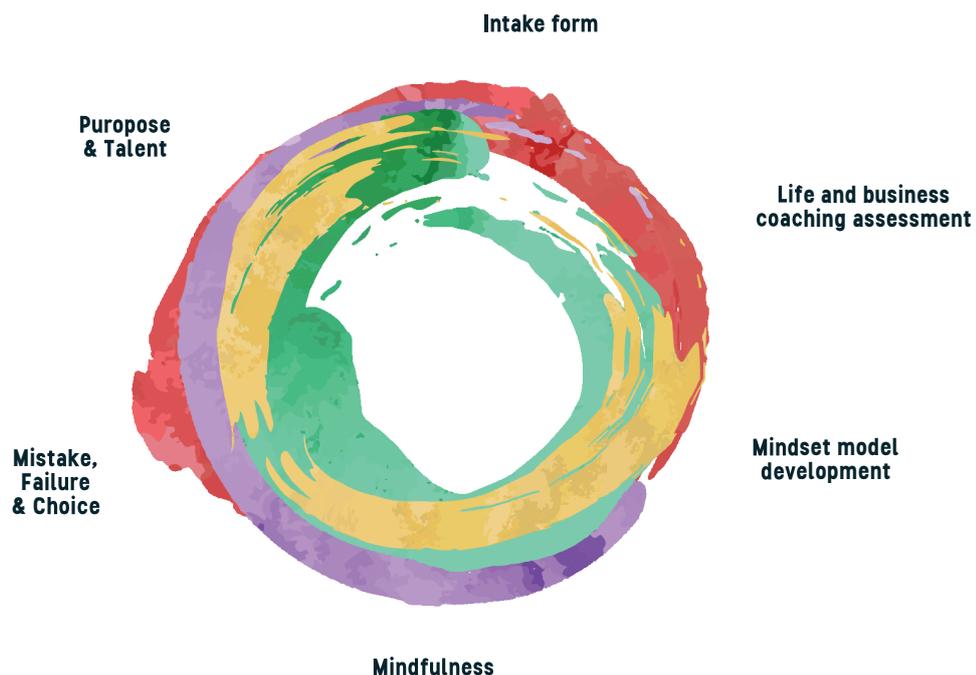
What do we offer?

A circular experience to transform the decision-making process by going out from a fixed mindset, and by increasing the ability to consider different options and scenarios. This circular experience boosts the development of an anti-fragile mindset and promotes your capability to make responsible and conscious decisions.

We also offer a "safe-space" where the decision-making process feels less overwhelming, and where you can observe yourself from a 360-degree angle while making your choice. You will look at the past to analyze failures and recognize your mental patterns, you will look inside yourself through mindfulness activities, you will project yourself in the future through a life & business coaching approach, you'll learn how to effectively communicate and promote your potential.

How do we do that?

The Cycle of Choice is an individual journey divided into five phases. You will always move in a circular way, and never in a vertical one: after an initial assessment, you can choose to skip some phases and benefit only from the support you really want and need. Every Cycle of Choice is unique and customized according to your needs.



Who do we want to support?

You have a job and want to:

- Change it
- Give it a purposeful meaning
- Take a career jump
- Improve the relationships in your team

You are a student and need to:

- Choose a university path
- Choose a career path



Why is our approach different?

It leverages fear: we believe that fear is not a feeling to be avoided, hidden or – even worse – denied. Like any other emotion it has to be understood, embraced and controlled in order to make it help us make choices.

It leverage your limits: we believe that it's vital not to focus only on our areas of strengths but we need to know and master our limits, to overcome them or turn them into opportunities and new skills.

It leverages complementarity: a professional Coach, a master of Mindfulness, a Purpose & Talent agent, an expert in Error Analysis will guide you during the journey with their diverse, transversal and complementary approaches.

On demand – you can also take advantage of a Lifestyle course with a personalized training program (daily activities but short) because we are big fans of the way to say “mens sana in corpore sano” (*healthy mind stays in a healthy body*).



Benefits

Stimulate self-reflection and improve self-awareness in the present moment.

Learn more about your values, your limits and focus on your goals.

Recognize the fear that blocks your choices, and make your fear become your best ally.

Identify the direction you want to take, and finalize the decision-making process according to the destination.

Increase your responsibility, meaning your ability to consciously respond to changes.

Acquire a stronger awareness of your talents.

Learn how to effectively communicate yourself and your talents.

Find your peace of mind, based and nourished by the strength of your inner coherence.

THE CYCLE OF CHOICE



**Are you ready to start your Cycle of Choice?
Write to info@scuoladifallimento.com
or visit our website:
www.scuoladifallimento.com**