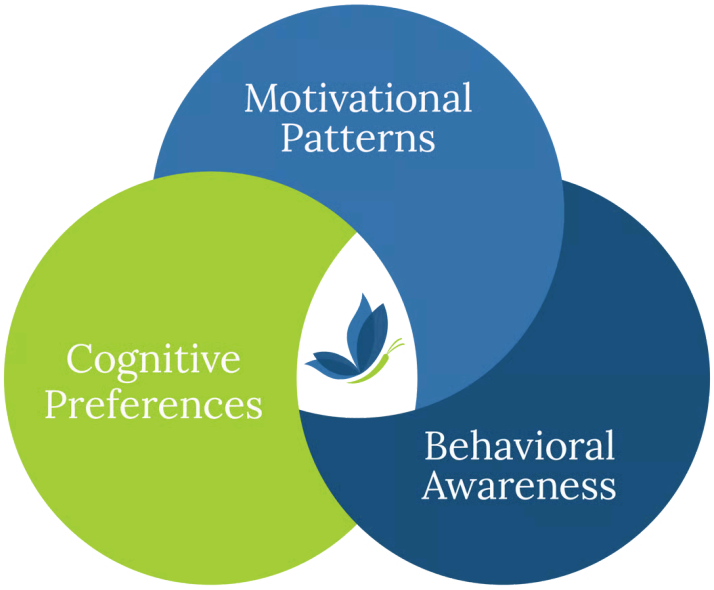
Over the past year, I've been paying close attention to what helps people truly ***thrive*** not just perform better or lead more effectively, but feel more aligned on the inside and more grounded in how they show up on the outside.

What I kept noticing was this:
So much of our growth work focuses on ***doing*** goals, behaviors, habits without fully understanding what's happening underneath.

And yet... when we understand how we're wired, what shapes our thinking, and how our patterns show up in real life, something ***shifts***. Things start to feel more integrated. More honest. More sustainable.

That's what led me to create **The Harmony Equation...**



It's a simple but powerful way to explore:

- **Motivational Patterns:** what truly matters to you and what quietly drives your choices
- **Cognitive Preferences:** how you naturally think, process, and make sense of the world
- **Behavioral Awareness:** how those inner patterns show up in action, especially with others

Where these overlap is what I call ***harmony*** that place where who you are on the inside aligns with how you live, lead, and relate to create harmony on the outside.

f you're curious to explore this more in a low-pressure, reflective way, I'm hosting a **Harmony Hour** on **February 17 (Tonight!)** focused on **Motivational Patterns** the inner layer that shapes what matters to us. It's a space for conversation, clarity, and gentle insight not fixing, not forcing, just understanding.
Eventbrite Link

Over the coming months, I'll be sharing more about how T**he Harmony Equation** shows up through coaching, consulting, group work, and workshops and how you can explore it for yourself.

I'm deeply grateful to everyone who continues to support and encourage me. This work has been shaped by so many thoughtful conversations, questions, and moments of shared reflection.

With care,
Kristen

Learn More

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