

## Why 'The Positive Internal Relationship with Ourselves' is at the foundation and key to not only managing and collaborating with others, but the health and wellness of all.

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THDC's original concepts, scientifically validated, are not yet available in other companies' trainings, consulting and coaching programs for executives, teams or employees as a whole.

First reason is perhaps the most obvious; those doing the coaching, consulting and trainings are not familiar with this concept and lack the understanding of its essential place in achieving competencies like leadership. More than likely they themselves have not been trained to investigate their relationship with themselves.

The second reason is that they are salesmen, first and foremost, and want to sell a product (in this case service) that the buyer, you or your company, will feel comfortable buying. People by and large don't think that there is 'anything wrong with them.' This of course is not the issue. There is nothing wrong with 99% of the population. But there is something missing. Here is a perfect analogy; Can people speak to each other? Of course, there is nothing 'wrong' with their ears or tongues! So why do people struggle so much understanding each other? Why do couples enroll in Communication Workshop 10 times more often than all other couple's trainings combined? Because society fails to teach this important skill. And if you don't have a skill you can't use it.

No one, not parents, not schools or colleges, teach communication skills. Neither do they teach children, teenagers, college students or adults to develop 'positive internal relationships' with themselves. It is the most fundamental relationship we have...shouldn't it be the best? Psychotherapists, psychologist, would say yes. Our culture frowns on it and mistakes it for selfishness and self-centeredness. At the same time we tell people to follow their dreams. You can see how these conflicting messages can lead people to impotence/incapacity when it comes to making good choices, decisions, and even getting along with others. When you feel like you let yourself down how do you treat yourself, talk to yourself? People are clueless because they never learned to pay attention to their self-talk. Or if they are aware how to transform them. THDC programs not only teach them to become aware of negative self-talk, but aware of their own behavior toward others, to observe in a neutral manner how people respond, how to say 'I'm sorry' and train them to transform the inner conversation to a consistently more supportive, more effective one.

Ultimately, we believe that only a program with the possibility of producing permanent lifestyle change in all employees, the clarion call for all THDC programs, is worth investing in.

To take the next step in getting to know us, contact;

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