



## Reinventing Yourself, Your School, and the Profession

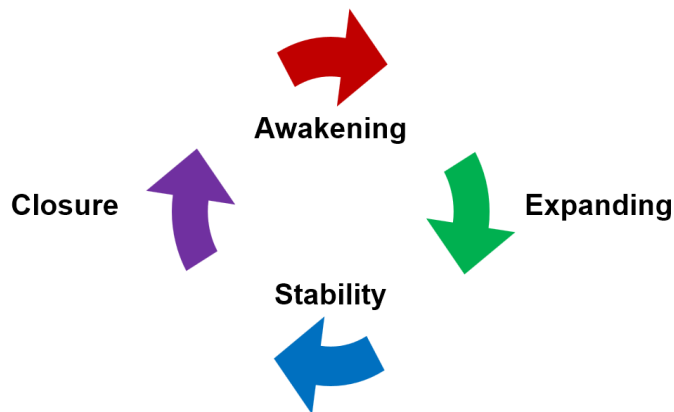
with Eric Stephenson of imassage, Inc., [www.imassageinc.com](http://www.imassageinc.com)

*Print this handout or download the document and then use the text boxes to type notes.*

### I. Reinvent

### II. The rhythm of change

Adapted from “The Anatomy of Change” by Richard Strozzi-Heckler



### III. Reflection questions

- A. How is the rhythm of change currently moving within aspects of my life?
  
- B. What stages of change am I comfortable in?
  
- C. What stages do I tend to be challenged by?

### IV. Power questions

- A. What is your contribution to the success and dysfunction of this system?
  
- B. As of today, and going forward, what is your vision of your life in its greatest brilliance?
  
- C. What do you value? What brings you joy and happiness?
  
- D. What is your true passion in life?
  
- E. What is one area of your life you are willing to reinvent?

V. Reflection statements

A. My contribution to the success is \_\_\_\_\_.

B. My dysfunction lives in \_\_\_\_\_.

**ADDITIONAL NOTES**

**INSTRUCTOR BIO**

Eric Stephenson, LMBT, is president of imassage, Inc.—an education and consulting company dedicated to extending the careers of massage therapists and spa practitioners through customized CE wellness programs including “No Thumbs Deep Tissue Techniques” for practitioners and full-team workshops, “Creating a Respectful Workplace Culture,” and “Designing a Personalized Health and Wellness Plan.” His experience as an entrepreneur, consultant, and speaker has taken him around the world to work with employees at the biggest names in the wellness industry including Miraval Resorts, Montage Resorts, Marriott International, Lifetime Fitness, Wynn/Encore Las Vegas, and Kamalaya Thailand. Eric is a certified Integrative Health Coach through Duke Integrative Medicine and is a former member of the board of directors of the International Spa Association (ISPA). In his spare time, he works on becoming the newest member of the Foo Fighters. Learn more at [imassageinc.com](http://imassageinc.com) and connect with Eric at [eric@imassage.inc](mailto:eric@imassage.inc).