

# Reflecting to Act

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Creative and understanding coaching through  
solutions  
Self Growth

# Reflecting to Act

Listening to classical music,  
its dissonances prompt us to reflect.

For some, there is also Buddhist music or  
engaged music.

# Reflecting to Act

After building something, designing every day makes it possible to elaborate that is around you. We then participate to our neighborhood's life to eventually create workshops.

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Writing as soon as thoughts come allows us to understand ourselves in order to understand others. Understanding others, we dialogue to understand ourselves too.

Writing makes it possible to remember almost everything that we build writing a poem, a short story, a tale, a collection.

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Meditating allows to let our mind thinking to create long-term desires. Our desires excite us to act out our future and create goals in a month, in order to create our daily lives.

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Creating a workshop allows you to dialogue with as many people as possible around your favorite theme in order to gain credibility to politicize yourself.

Making politics is about creating projects thanks to others.

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Going closer to the one who is completely different allows you to grow very quickly. We then understand society better in order to elaborate it every day.

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Understanding our story makes it possible to anticipate our future. It can be our past as well as our society's past.

We are only improving the current society compared to a less sensitive past.