

the
ZERO
POINT
method

IDENTITY ALIGNMENT METHOD

Find Your Zero.

Not too much. Not too little. You are enough already.



BELGRADE



SEPTEMBER 12



10:00



WHAT IF YOU DON'T NEED MORE?

More confidence.
More discipline.
More ambition.
More resilience.
More independence.

We live in a culture constantly telling us
to become **MORE**.

the
ZERO
POINT
method

But more is **not**
always better.



Sometimes
we need **MORE**.



Sometimes
we need **LESS**.

The work is knowing
the **difference**.



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THE IDEA: ZERO.

ZERO is not nothing.
ZERO is enough.

ZERO is the point where a capacity
is sufficiently available for **you**,
in this **context**, at this **moment**.



the
ZERO
POINT

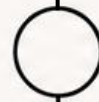
Not too much.
Not too little.
Enough.

ONE IDENTITY. FOUR EXPRESSIONS.

One identity.
Four expressions.

Alignment begins
when **THINK, SAY,**
FEEL and **DO**
can meet.

THINK



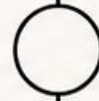
What do I think
and believe?

SAY



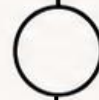
What do I express?

FEEL



What do I feel?

DO



What do I
actually do?

Are they
aligned?

Alignment is not
about perfection.
It's about access.

Access to what I think,
feel, say and do
when I need it.

WHAT'S IN THE GAP?



THE GAP.

We all know this feeling.
Something is not aligned.

ACTION AXIS

THINK → DO



I know. But I don't do.

EMOTION AXIS

FEEL → SAY



I feel. But I don't say.

Examples of the Action Gap

- ✓ I know I should set a boundary — but I don't.
- ✓ I know I need rest — but I keep going.
- ✓ I know what I want — but I don't start.
- ✓ I know I should leave — but I stay.

What lives in the Gap?

Fear
Overthinking
Perfectionism
Waiting
People pleasing
Silence

Examples of the Emotion Gap

- ✓ I feel hurt — but I say it's nothing.
- ✓ I feel angry — but I stay silent.
- ✓ I need help — but I say I can handle it.
- ✓ I love — but I don't show it.



The practitioner doesn't assume what's in the Gap. **They help the person discover it.**

BEFORE YOU CHANGE THE ACTION, **UNDERSTAND THE GAP.**

WHY WE DON'T START WITH ACTION.

You probably **already know**
what you should do.

This is one of the most important rules
in the **ZERO POINT** Method:



DON'T LOOK FOR ACTION
UNTIL YOU UNDERSTAND THE GAP.



Understand
the **Gap**.



Discover what
is **really** there.



Then create
The **Path**.



And move
Back to Zero.

DON'T LOOK FOR ACTION UNTIL YOU **UNDERSTAND THE GAP**.

*Only then does **real change** become possible.*

THE METHOD.

A clear journey back to your Zero.

01

STARTING POINT
IDENTITY



Who am I
exploring today?

02

FIND YOUR ZERO
CALIBRATION



Where am I right now
in **THINK, SAY, FEEL, DO**?

03

BACK TO ZERO
DISCREPANCY



What's in the **Gap**?
What takes me away
from my **Zero**?

04

THE PATH
ACTION



What will take me
back to my **Zero**?



RE-CALIBRATION

What changed?
How am I now?
Closer to my **Zero**?

THE TOOLS.

A methodology you can touch.



IDENTITY CARDS™

100 identity aspects
designed to open exploration.

A card is not a diagnosis.
A card is not an answer.

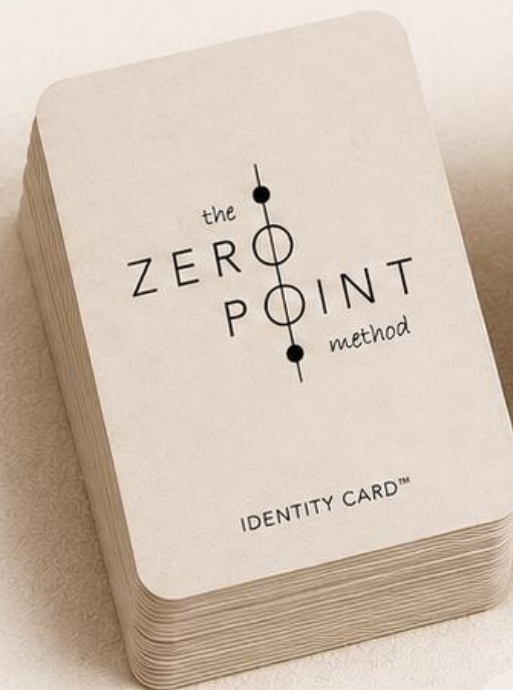
It opens a question.



MINDFUL ABACUS™

A tactile calibration tool for:
THINK • SAY • FEEL • DO

-10 ← —●— → +10
ZERO



TOUCH BEFORE INTELLECT.

Feel first. Then measure. Then explore.



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Find Your Zero.

FOUR ZERO DYNAMICS.

Four inner dynamics that help you
return to you.



SENSE

You return to your body
and inner clarity.



PAIR: THINK + FEEL



DIRECTION: INWARD



CORE DRIVE: UNDERSTAND



TYPICAL RISK: INSIGHT WITHOUT
EXPRESSION/ACTION



PATH BACK: OPEN A BRIDGE
TO SAY OR DO



VOICE

You express your truth
with honesty and respect.



PAIR: THINK + SAY



DIRECTION: IN → OUT



CORE DRIVE: ARTICULATE



TYPICAL RISK: WORDS WITHOUT
EMBODIMENT



PATH BACK: RECONNECT TO
FEEL AND/OR DO



MOVE

You take aligned action
from inner truth.



PAIR: FEEL + DO



DIRECTION: IN → ACTION



CORE DRIVE: MOVE



TYPICAL RISK: ACTIONS WITHOUT
ENOUGH REFLECTION/ARTICULATION



PATH BACK: ADD THINK
AND/OR SAY



FORCE

You channel your power
into what matters.



PAIR: SAY + DO



DIRECTION: OUTWARD



CORE DRIVE: IMPACT



TYPICAL RISK: OUTPUT WITHOUT
INNER CONGRUENCE



PATH BACK: RECONNECT TO
THINK AND FEEL

A METHOD INSIDE YOUR METHOD.

Zero Point doesn't replace the way you work.
It gives you **another way to see.**



YOUR PRACTICE

Therapy • Coaching • Mentoring • Facilitation



ZERO POINT

Explore what is happening beneath the action.

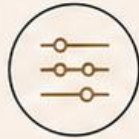
USE IT WHEN YOU NEED IT. | LEAVE IT WHEN YOU DON'T.

BRING ZERO POINT INTO YOUR PRACTICE.

After certification, you can use the method
within your existing work with clients.



EXPLORE
the client's identity.



CALIBRATE
Think · Say · Feel · Do.



RECOGNIZE
the Gap.



IDENTIFY
the dominant Dynamic.



CREATE
the Path back to Zero.



RE-CALIBRATE
change over time.

ONE FRAMEWORK.
MULTIPLE MOMENTS OF USE.



ZERO POINT CERTIFICATION



PRACTITIONER
FOR INDIVIDUAL PRACTICE

€750



1:1 work



1 ZERO POINT set



Certified Practitioner



PROFESSIONAL
FOR ADVANCED PRACTICE

€1,250



1:1 + Group work



2 ZERO POINT sets



Additional sets available



Certified Professional



MASTER TRAINER
FOR TEACHERS & LEADERS
+20% royalty on certification

€2,750



1:1 + Group work



Certify other practitioners



3 ZERO POINT sets



Additional sets available



Promotional set



Master Certificate

ONE METHOD. THREE LEVELS OF IMPACT.



THE CERTIFICATION EXPERIENCE.

Don't just learn the method.
Experience it. Practice it. Use it.



01

UNDERSTAND

The Zero Point
framework.



02

EXPERIENCE

Find your
own Zero.



03

PRACTICE

Work with real
cases.



04

APPLY

Bring it into your
practice.

YOU LEAVE WITH:



CERTIFICATION



ZERO POINT TOOLS



PRACTITIONER FRAMEWORK



A METHOD READY TO USE

LEARN IT. EXPERIENCE IT. USE IT.

the
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