

OTHER & SELF

Compassionate Accountability

ELEVATE GROWTH
Coaching + Consulting



Holding *Others* Accountable

Without being a Jerk

BE CAUTIOUS OF BEING
“MIDWEST NICE”

REMEMBER

“CLEAR IS KIND”

LESS

- ✘ Reading from a paper
- ✘ Confusing them with positive feedback
- ✘ Doing all the talking
- ✘ Making it personal

MORE

- ✔ Reading the room - tone, body language, emotions
- ✔ Follow up conversations
- ✔ Check in on your own emotional state
- ✔ Patience

Holding **SELF** Accountable

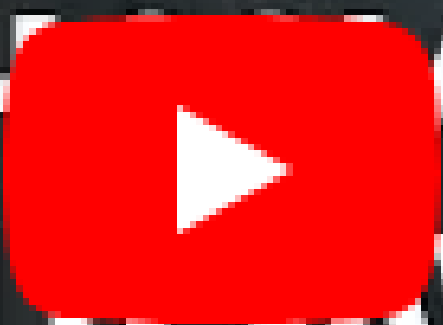
Without being a Jerk



The hard truth about making your dreams come true | M...



**I WISH SOMEONE
WOULD SAVE ME**



Watch on  YouTube

Research on Self-Compassion

WHY IT MATTERS

THE KEY POINTS

- ✔ Criticism only motivates short term
- ✔ Best way to motivate is through self-compassion
- ✔ Messing up is part of the human experience and a growth opportunity
- ✔ The most successful athletes and CEO's in the world have one thing in common. They practice self-compassion.

DEVIL ME

“YOU ARE SUCH AN IDIOT”

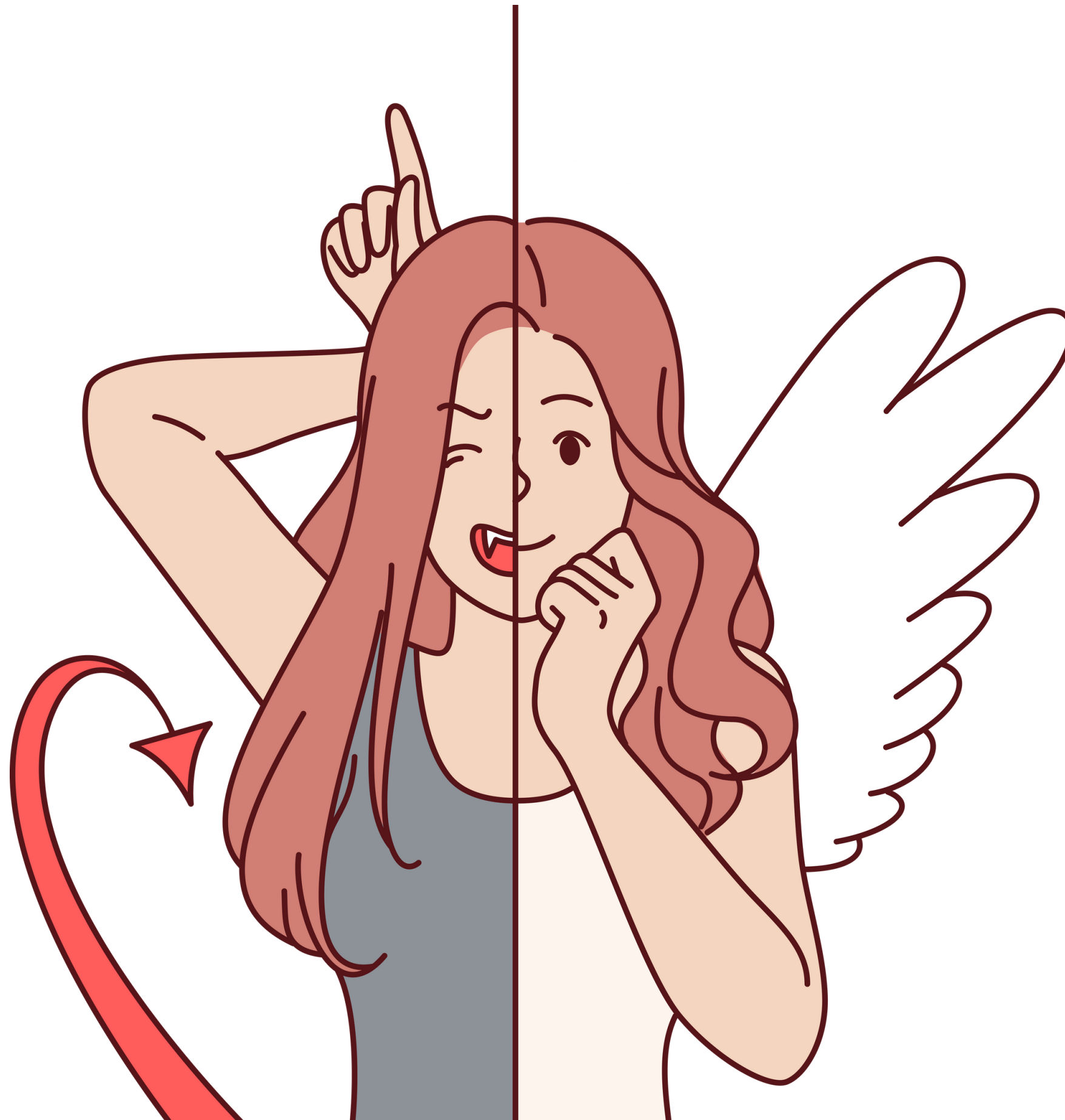
“WHAT’S WRONG WITH YOU?”

“I CAN’T BELIEVE YOU
SCREWED THAT UP AGAIN?”

“EVERYONE ELSE HAS THIS
FIGURE OUT”

“PEOPLE ARE GOING TO
JUDGE YOU”

“YOU DON’T DESERVE TO BE
HERE”



ANGEL ME

“BEING HUMAN IS SUCH A
GREAT LEARNING
EXPERIENCE”

“YOU HAVE EVERYTHING YOU
NEED TO SUCCEED”

“YOU ARE EXACTLY WHERE
ARE SUPPOSED TO BE”

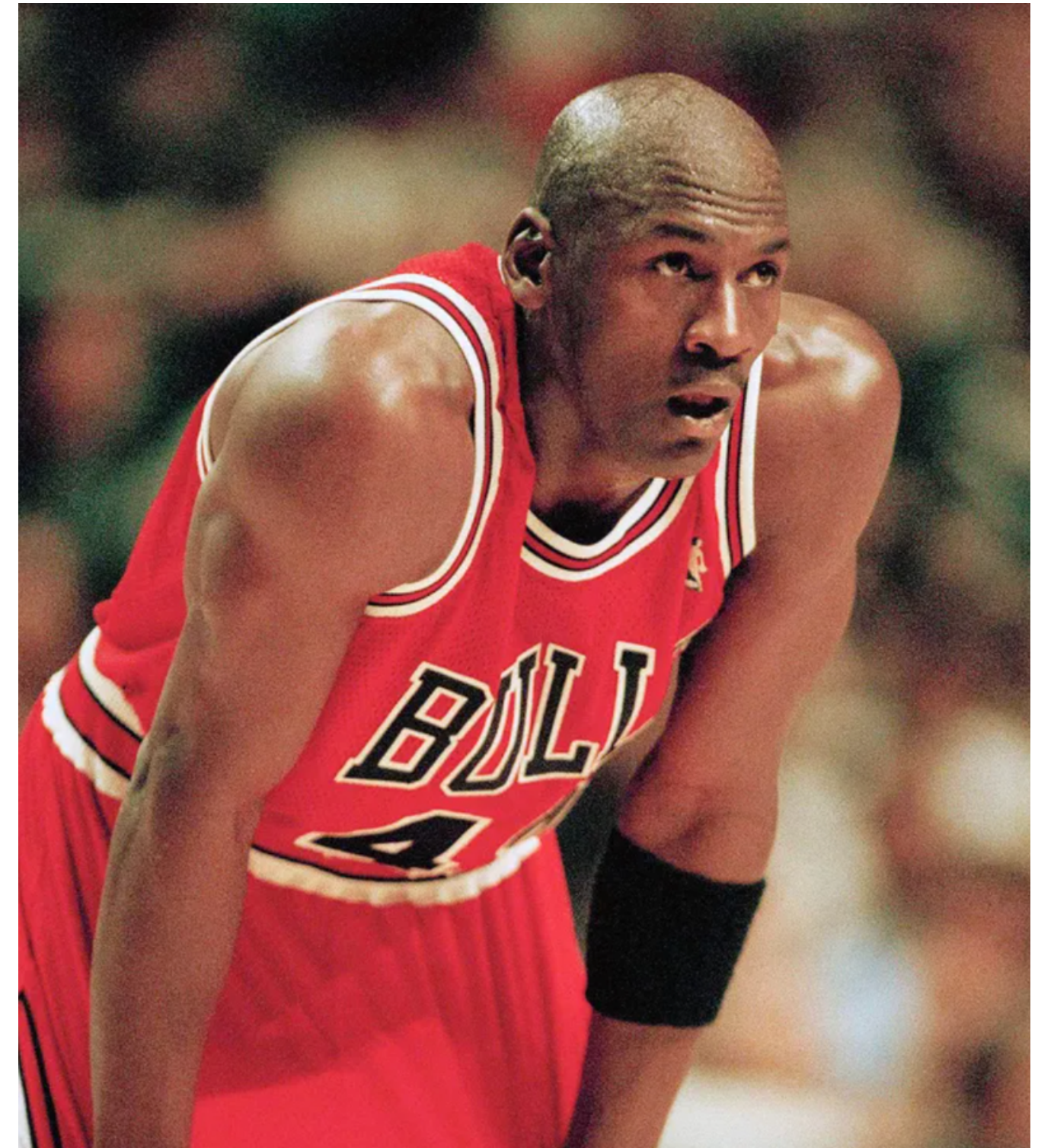
“THIS HAPPENED FOR YOU
NOT TO YOU”

“YOU DESERVE AS MUCH
COMPASSION AS YOU GIVE
TO OTHERS”

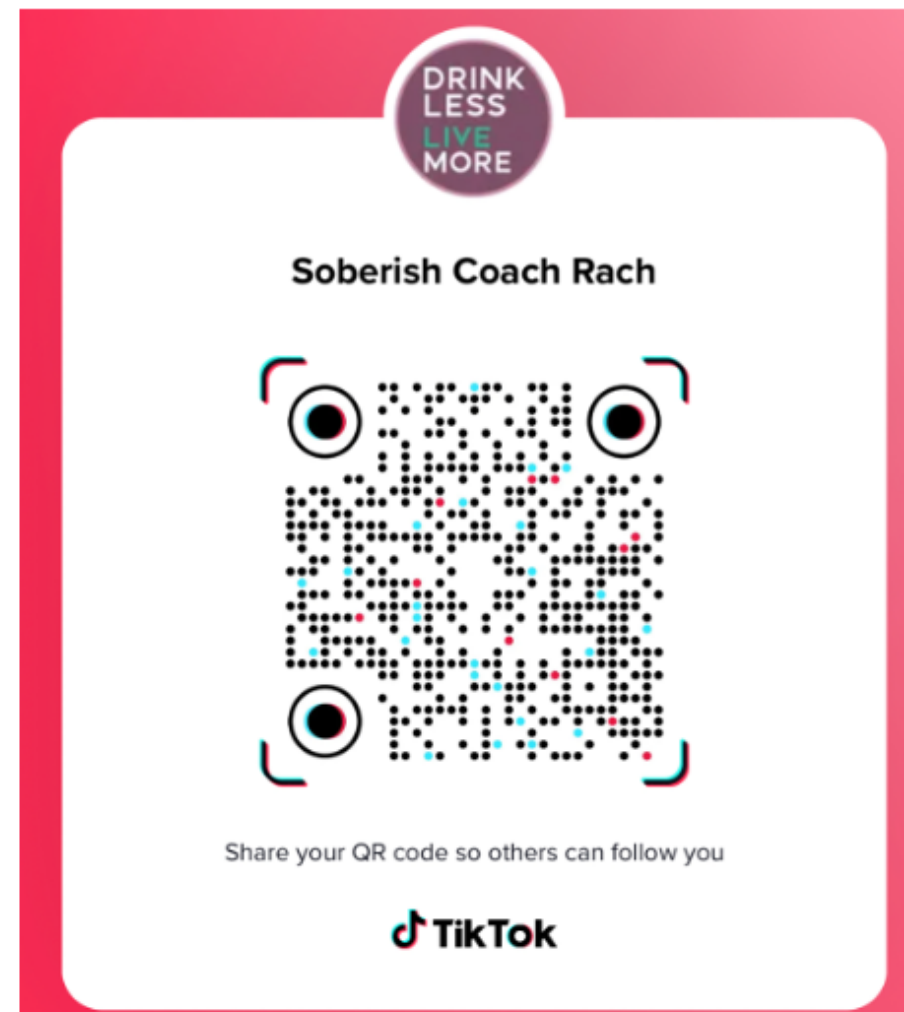
“WHAT CAN YOU LEARN FROM
THIS EXPERIENCE.”

“I've missed more than 9,000 shots in my career. 26 times, I've been trusted to take the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”

–Michael Jordan



FOLLOW ME (NOT IN A STALKER WAY)



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