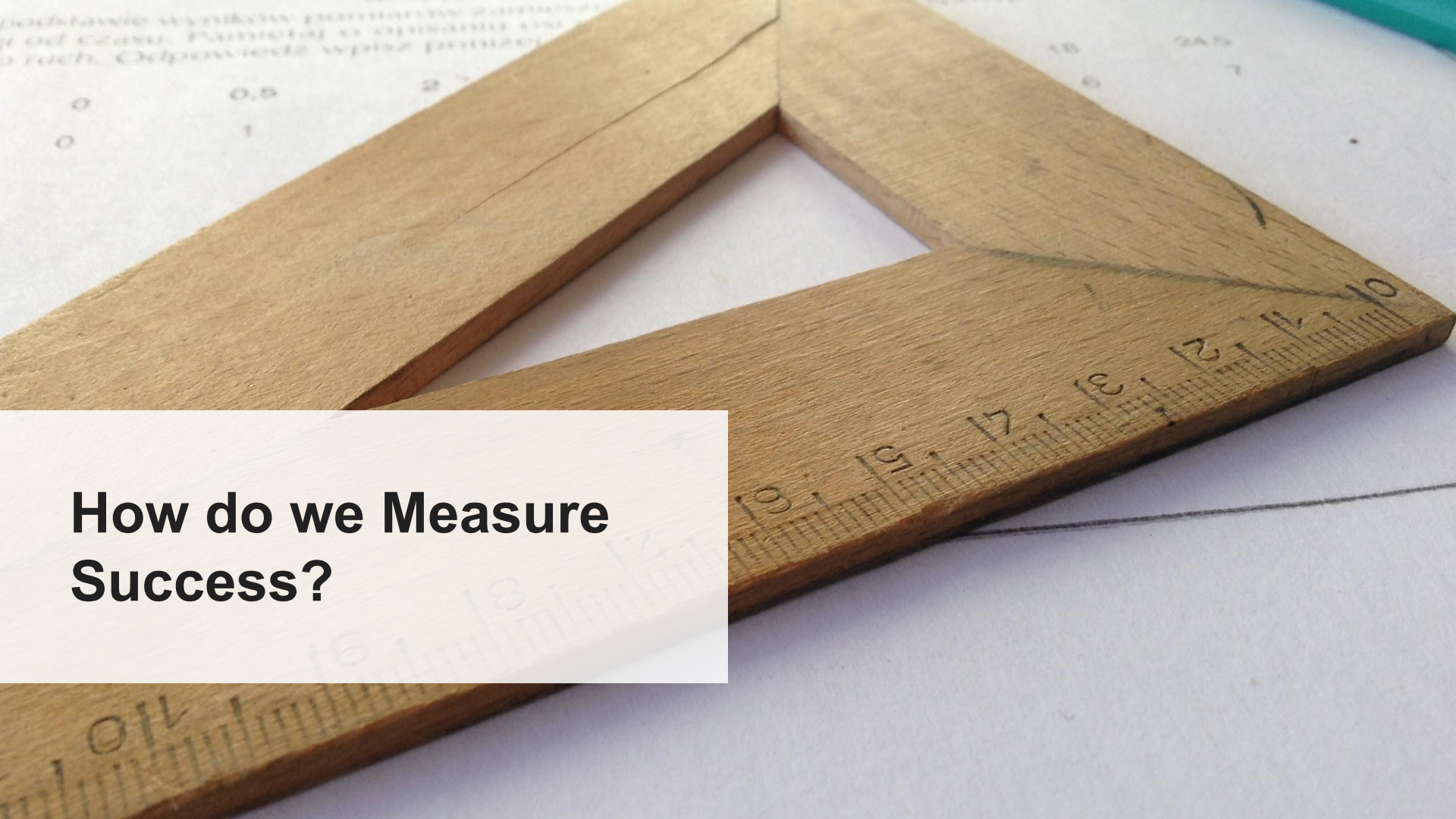
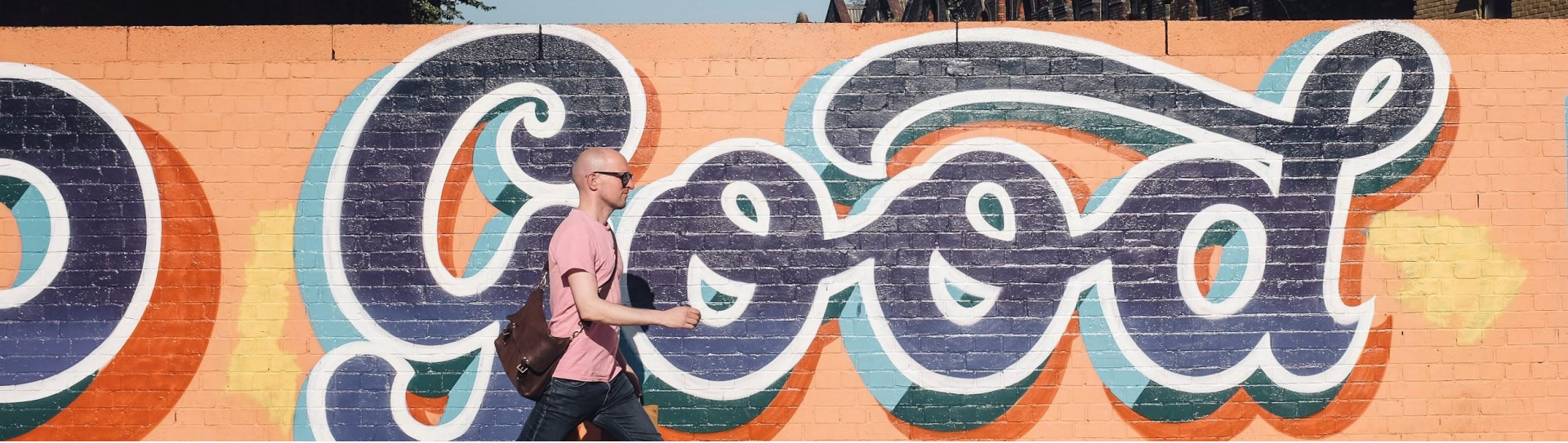
Five Tricks to Up Your Retro Game

Wendy Closson

What is the Goal?



How do we Measure Success?



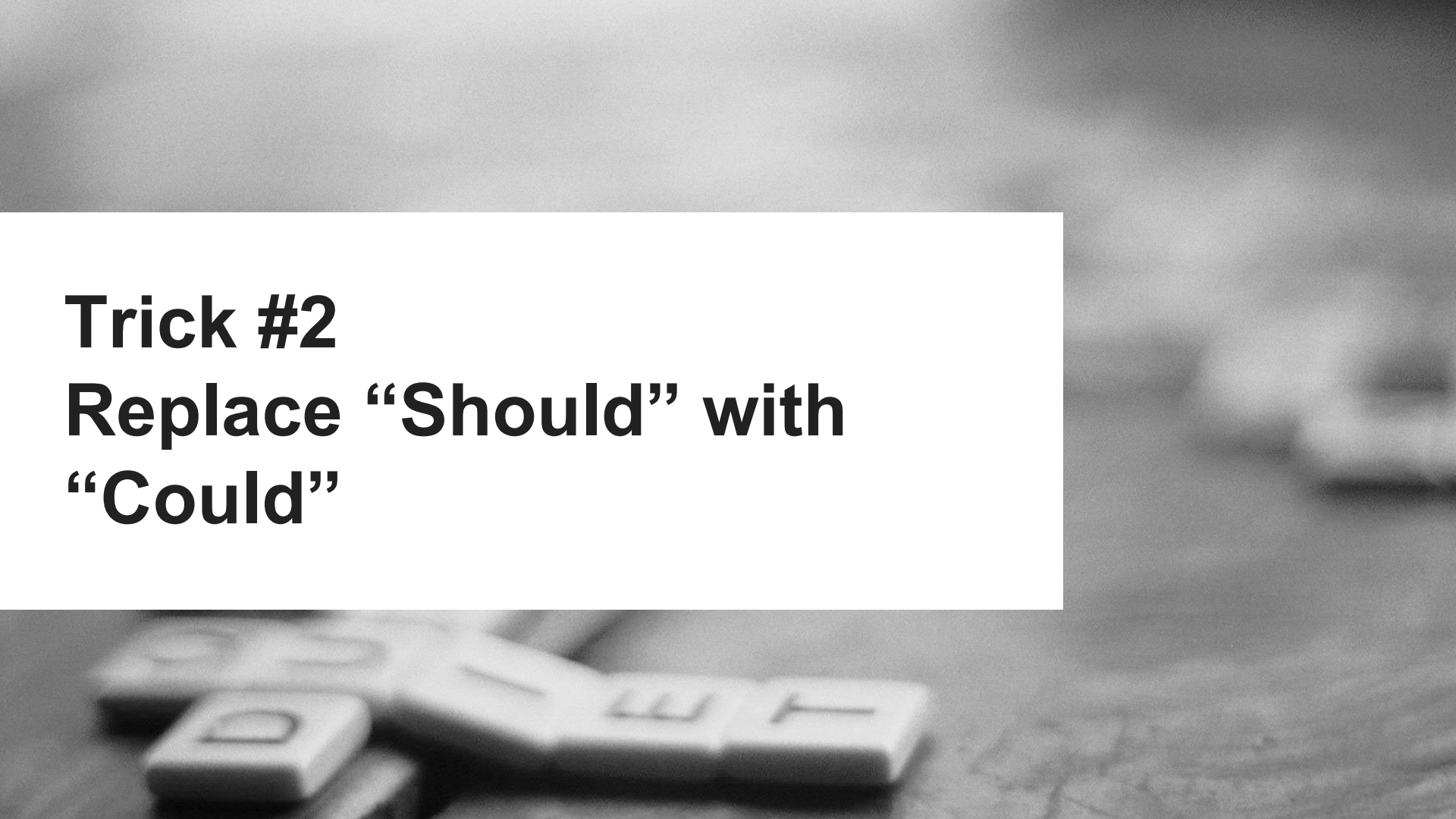
What do we want to invoke?

What do we need to avoid?

Sympathetic Nervous System

Parasympathetic Nervous System

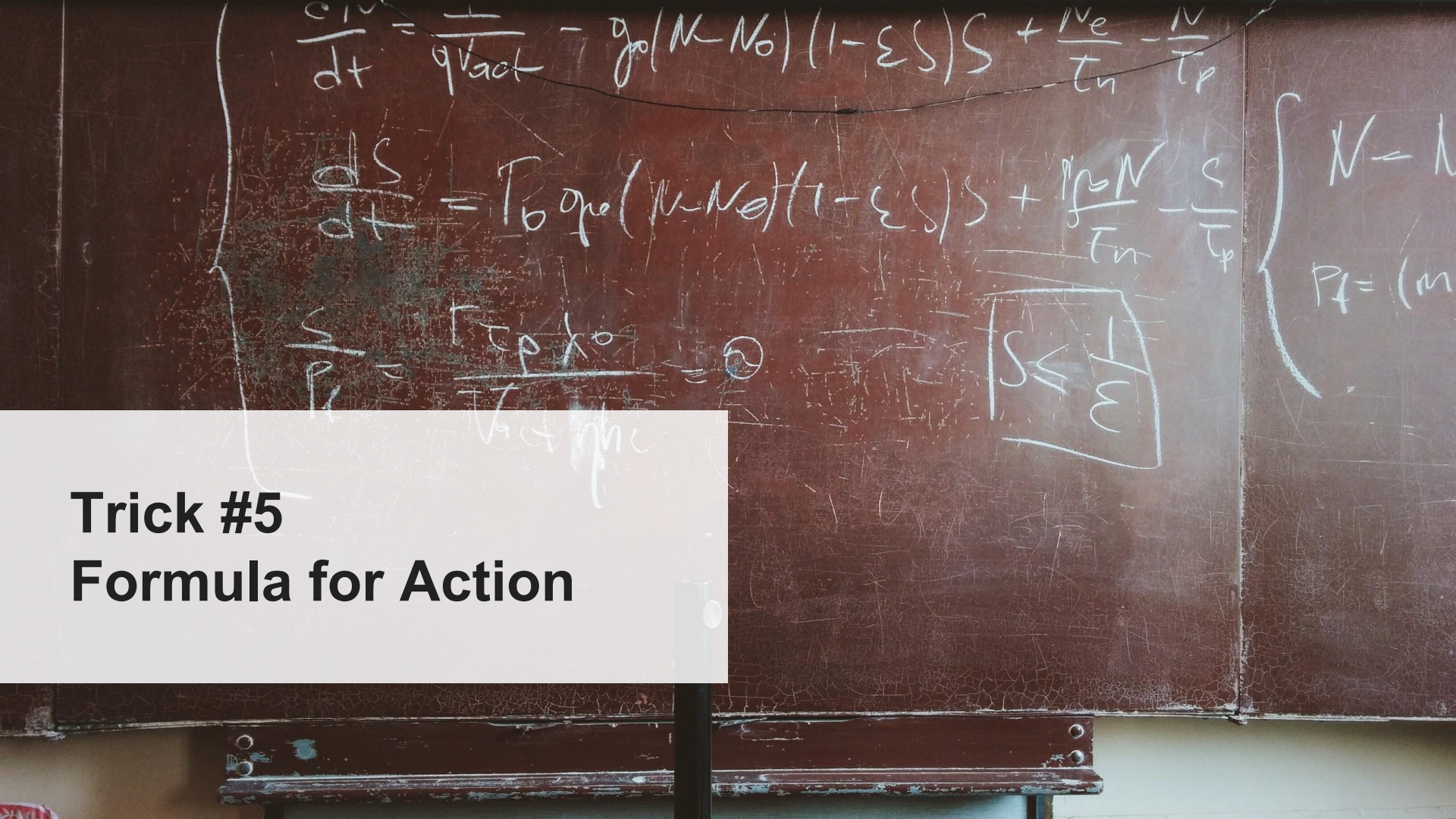
Trick #1
Sweeping Breath



Trick #2
Replace “Should” with “Could”

Trick #3
Duck Timer

Trick #4
Dance Break



Trick #5
Formula for Action

Questions?
wendy@justaddwendy.com