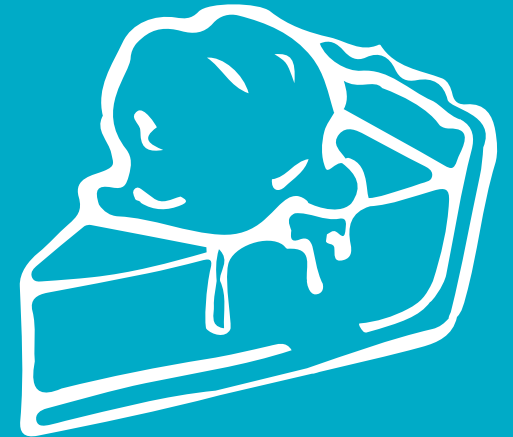


A tool for connection

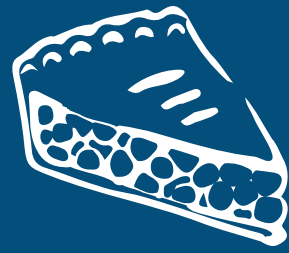
P.I.E.S.



Video : Vulnerability – Not Oversharing



The PIES Process



- Create connection and clarity
- Create greater focus internally and externally
- Create more effective dialogue and meetings
- Open opportunities for vulnerability by recognizing that “we’re all in this together”

A tool for connection

P

Physical

I

Intellectually

E

Emotionally

S

Spiritually

Physical –

How am I
feeling
physically?

Intellectual –

What's going
on with me
intellectually?

Emotional –

How am I
feeling
emotionally?

Spiritual –

Where am I
spiritually
speaking?