



# The Capella Breakthrough Model

Opening a world of creative possibilities

CAPELLA 

“Life begins at the end of  
your comfort zone.”

Neale Donald Walsch

“The only way to make sense out  
of change is to plunge into it, move  
with it, and  
join the dance.”

Alan Watts

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# Are you ready to move forwards?

When you enter a state of intuitive, creative change and flow, whole new possibilities emerge.

Making decisions feels easier and relationships thrive.

Getting to this state is the first step to real change.

# The Capella Breakthrough Model

We work with four key components:  
issue identification, story, enactment and  
breakthrough.

We work on three levels:  
your inner world, your relationships and what  
you manifest.



# Issue identification

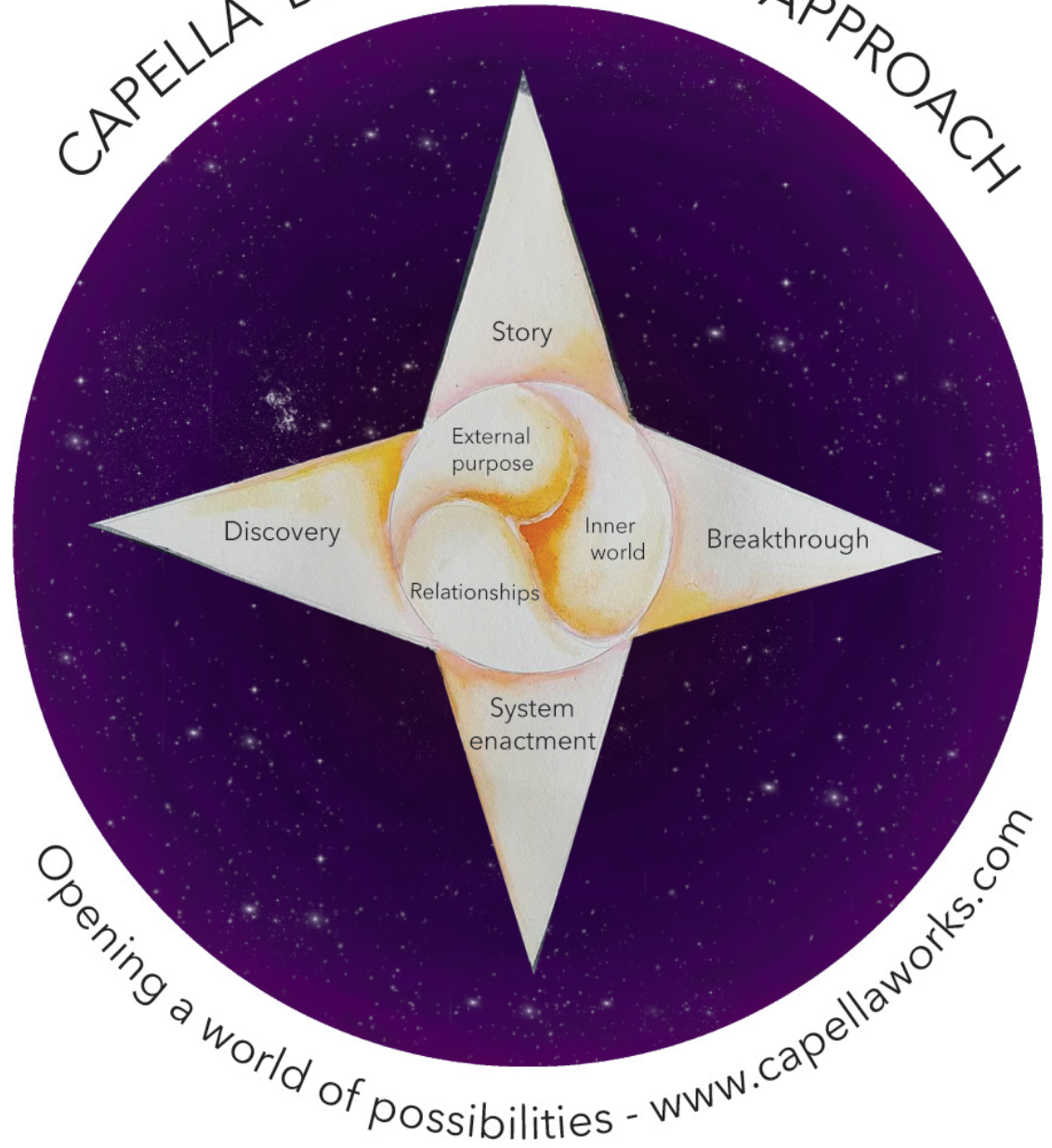
Issue identification is key to change.



We often get stuck in the detail without getting into the next layer down.

We help you notice any self-limiting beliefs, either from deep within you, or 'held' by your organisational system.

# CAPELLA BREAKTHROUGH APPROACH



Opening a world of possibilities - [www.capellaworks.com](http://www.capellaworks.com)

# Working with story

People love stories. Our brains are hard-wired to think in stories, using them to shape meaning, purpose and create connection.

By using story, we enter a world of possibilities with increased confidence and clarified purpose.



# The power of enactment

Enactment, or dramatisation, involves physically mapping and representing a scenario to see and get inside it.

Experimenting with a range of viewpoints allows you to experience new perspectives.

Through 'trying it out', you get prepared for the real thing.



# Achieving Breakthrough

During the Capella journey, spontaneity is unleashed and insight emerges.

This awareness helps unlock creative breakthrough and shifts blockers to progress.

Action is much easier once you know what needs to be different, especially if that knowledge has been felt experientially.



# Capella Skills Base

Interweaving facilitation and coaching with storytelling & enactment helps you map and re-align both internal states and external approaches.

So you can start telling a new and more effective version of your story.



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# The Capella Worldview

We think life is better when you can:

- See from and experience a range of viewpoints
- Use felt experience to develop yourself and your skills
- Understand and work with wider organisational systems
- Access spontaneity and creativity to catalyse positive change
- Respond to and manage short-term disruption & resistance as part of development

# Capella Missions

We help organisations and individuals with:

- Systems development
- Team collaboration and management
- Messaging and engagement
- Business growth
- Tackling difficult conversations
- Motivation, confidence and wellbeing

# Training: the Capella Toolkit

We offer two levels of training for people interested in learning to use our approach for themselves.

1. Full training, preparing participants to run bespoke Capella Method client sessions
2. 'Light touch' training, giving an overview of our approach and how to use some of our most useful tools in a range of support or behaviour change situations

Our training manual, the Capella Method Toolkit, is available as a resource for all our trainees.

# Can we help you?

We'd love to help you

- Tell your story
- Solve your problems
- Make the most of your opportunities.

Whether you're in a private or public sector organisation or an individual looking to make a life change, please get in touch to have a chat about what you need and how we might be able to help.

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