

# Breakthrough

Accelerate Decision-Making • Gain Clarity • Connect to Confidence

## WHEN THE STAKES ARE HIGH

When the cost of uncertainty could be devastating

## WHEN YOU'VE TRIED EVERYTHING AND THE NEXT STEP IS UNCLEAR

A Big YES Breakthrough session can help

## CONTACT

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## Does This Sound Familiar?

You're facing a critical decision. You've analyzed every angle, consulted experts, maybe talked to trusted allies. You've made endless pros-and-cons lists. Yet somehow, clarity remains elusive and the pressure is mounting.

Maybe you're losing a bit of sleep. Maybe the pressure is starting to feel heavy. And the problem-solving approaches that usually work? They're not quite landing this time. Somehow, you still can't quite see your way forward.

### Here's What's Happening:

When we're stressed or uncertain, our minds naturally default to what's worked before—even when the situation calls for something new. It's like our thinking gets caught in a loop, recycling familiar solutions that don't quite fit anymore.

The more we push for answers, the further away they can feel.

Sometimes the answers you're searching for can't be found through more effort...  
they're waiting in a quieter place.

## The Big YES Breakthrough Difference

Big YES Breakthrough offers a space where genuine insight can emerge naturally, without pressure or force.

Think of it as creating the conditions where your own wisdom can surface—the kind of clarity that's hard to access when you're in the thick of things.

Big YES Breakthrough sessions bypass your stress response entirely, creating the calm, focused state where genuine insight emerges naturally.

## What Happens in Breakthrough Sessions

**Session 1: Clarity:** Together, we explore your challenge, cutting through surface issues to identify the real questions that need answering.

**Session 2: Discovery:** Through guided facilitation, you access your own deeper wisdom—what I call your "YES" (Your Enlightened Solutions). Fresh perspectives and innovative solutions emerge without force or pressure.

**Session 3: Integration:** We weave your insights into a path forward with actionable steps aligned with your authentic values and goals.

**Follow-up:** You receive a session summary plus a worksheet to use the process independently going forward.

## Why This Works

There's neuroscience behind why 1) stress inhibits insight and 2) how easy it is to access different neural pathways to unlock creative solutions, fresh perspectives, and new possibilities. When we're stressed, certain parts of our brain close down—the very parts we need for creative thinking and different perspectives. In calmer states, new neural pathways open up.

### In our work together:

- You're in a supportive environment where there's no rush
- There's no judgment, no need to perform or have the "right" answer
- You can move past habitual thinking patterns
- Solutions arise that feel both true to you and genuinely workable
- What emerges feels sustainable, not like another temporary fix

This isn't about forced brainstorming or group dynamics. It's quieter than that. More personal. There's just you, thoughtful guidance, and space for your own wisdom to speak.

## This Will Resonate If You're...



- Facing an important decision and not quite sure which way to turn
- Feeling like you've exhausted your usual approaches
- Noticing that thinking harder isn't bringing clarity
- At some kind of threshold—professional, personal, or both
- Wondering if you're still aligned with what truly matters to you
- Sensing you need something different, though you're not sure what

This creates several problems:

## 1. Limited Access to Creativity

- The survival-focused reptilian brain blocks access to our creative centers
- Past strategies dominate our thinking
- Innovation becomes nearly impossible
- Fear of failure prevents new ideas

## 2. Ego-Based Responses

- Solutions are filtered through learned social constraints
- Cultural conditioning limits possibilities
- Fear of judgment restricts creative expression
- Attachment to past successes blocks innovation

### 3. The Group Dynamic Dilemma

Traditional group brainstorming sessions often suffer from:

- Dominant personalities overshadowing quieter voices
- Social pressure leading to conformity
- Fear of criticism inhibiting wild ideas
- Groupthink limiting creative possibilities
- Competition rather than collaboration

### 4. The Time Pressure Problem

Conventional brainstorming typically:

- Forces immediate answers
- Creates artificial urgency
- Increases stress and anxiety
- Reduces creative capacity

Emphasizes quantity over quality

## Why Big YES Breakthroughs Are Different!!!

### 1. Stress-Free Environment

- Creates a calm, peaceful state of mind
- Allows access to natural creativity
- Removes pressure to perform
- Opens channels to deeper wisdom

### 3. Guided Partnership

- Professional facilitation overrides stress loops
- Questions are carefully crafted for maximum insight
- Process is structured yet flexible
- Support maintains creative flow

### 2. Access to Higher Intelligence

- Connects with Your Enlightened Self (YES)
- Taps into universal mind resources
- Bypasses ego-based limitations
- Allows intuitive solutions to emerge

### 4. Sustainable Solutions

- Answers emerge from inner wisdom
- Solutions align with authentic self
- Ideas are both innovative and practical
- Results are transformational

## The Science Behind Better Brainstorming

### Neuroscience Insights

- Stress inhibits access to the prefrontal cortex
- Calm states enhance creative thinking
- Neural pathways expand in relaxed states
- New perspectives become available

### Psychological Benefits

- Reduced anxiety about decision-making
- Increased confidence in solutions
- Better integration of intuition and logic
- Enhanced problem-solving capabilities

## The Path Forward

Moving beyond traditional brainstorming requires:

- Acknowledging current limitations
- Opening to new approaches
- Trusting inner wisdom
- Allowing solutions to emerge
- Embracing transformational change

***Big YES Breakthrough offers a structured yet fluid approach that bypasses the limitations of traditional methods, accessing deeper wisdom for truly innovative solutions.***

## The Big Picture

| VALUE PROPOSITION                                       | VISION                                                       | MISSION                                                    |
|---------------------------------------------------------|--------------------------------------------------------------|------------------------------------------------------------|
| I help clients make wise decisions<br>easier and faster | Expand awareness of unlimited<br>possibilities and potential | Normalize connection to YES:<br>Your Enlightened Solutions |

## Your Goals Are My Goals

My focus is always you—your agenda and your goals. In only three sessions, we'll:

- Explore the issue you're dealing with to get clear on what questions to ask
- Use the Big YES Brainstorming process to gain access to your best problem-solving self
- Quickly and easily discover answers

After the session, I'll send along a summary of our findings.

As a **BONUS**, I'll provide a worksheet for you to do the process yourself.



## Sheila M. Kelly, BA, CPCC

As a pioneering certified professional coach for twenty years, I've worked with hundreds of clients, partnering with them to align their personal goals with professional acumen. Invariably, they relaxed into their roles, becoming more confident in who they BE as leaders. Along the way, I developed The Big YES Breakthrough methodology to help them anchor in their own wisdom and free themselves from their old way of thinking and being.

It's simple. It's effective. And it's transformational.

I've also studied spiritual traditions, coming to the realization that the "enlightened" ones seem different only because they've adopted a different belief system, a belief system that we can all emulate, or, at least, begin to.

And we don't have to use the word "spiritual" at all.

## For More Information

Please be in touch for a discovery session. I'll answer all your questions, and we'll check out our chemistry and our level of trust in each other.

For inquiries and clarification, reach out to [sheila@thebigyes.com](mailto:sheila@thebigyes.com)

Thank you!



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