



8 Ways to Unlock Your Potential



Reduce variability and improve performance

Develop a consistent method to assess your interaction with others and maintain a disciplined approach to managing and improving your performance.

Know what is going on in the room

Value can be created whenever you interact with another person. Develop curiosity about the value of each interaction and employ a relational readiness that encourages open and genuine connection.

Develop a clear understanding of the people you interact with

Build rapport through an enhanced ability to connect and learn to maintain high quality



feedback of emotional, cognitive, and behavioral information.

Be free to express yourself

Acquire knowledge without self-limiting interference. Be able to distinguish between your perceptions and your projections.

Negotiate barriers

Understand the dynamic variables at play when challenged to face the limitations of your motivation and performance.

Manage what is on the table

Develop the vigor to implement and stick-to-task.
Find the deep motivation required for sustained performance.

Understand the value of obstacles

Allow compassion and cultivate the ability to maintain high quality honesty and presence while facing daily challenges. Encourage a capacity for relational trust and confidence.

Increase the quality and depth of the culture

Function with an awakened mind and an enlivened heart.

Image Courtesy of: <https://unsplash.com/@jordanjelliott>

The Tim Dukes Method provides an opportunity for self-reflective individuals to cultivate the capacity to receive into consciousness hidden aspects of the self, claiming your unique gifts – ensuring that today's brilliance successfully transitions into tomorrow's wisdom. The Tim Dukes Method is designed and implemented by Dr. Timothy Dukes for determined creatives to ensure long-term viability — as a continuing investment in the well-being of yourself, family, organizations, culture, society, and the Earth itself.