

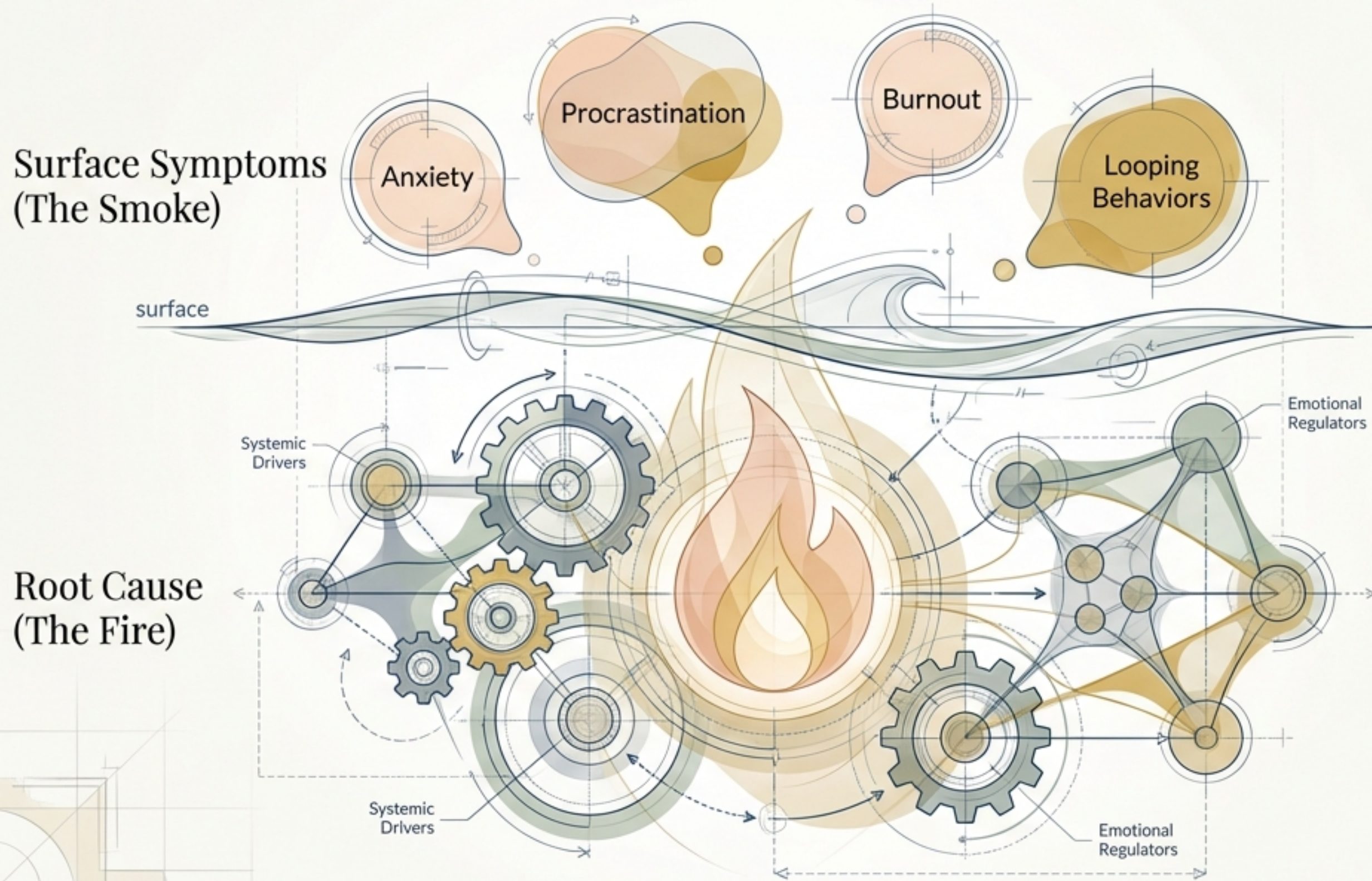
Synchronize Your Self: The Science of Parts-Based Coaching



A 12-Week Certification in the Self-Sync™ Method
with Dr. David Schultz

FROM CLINICAL PSYCHOLOGY TO EXECUTIVE COACHING

Most Coaching Treats the Smoke, Not the Fire



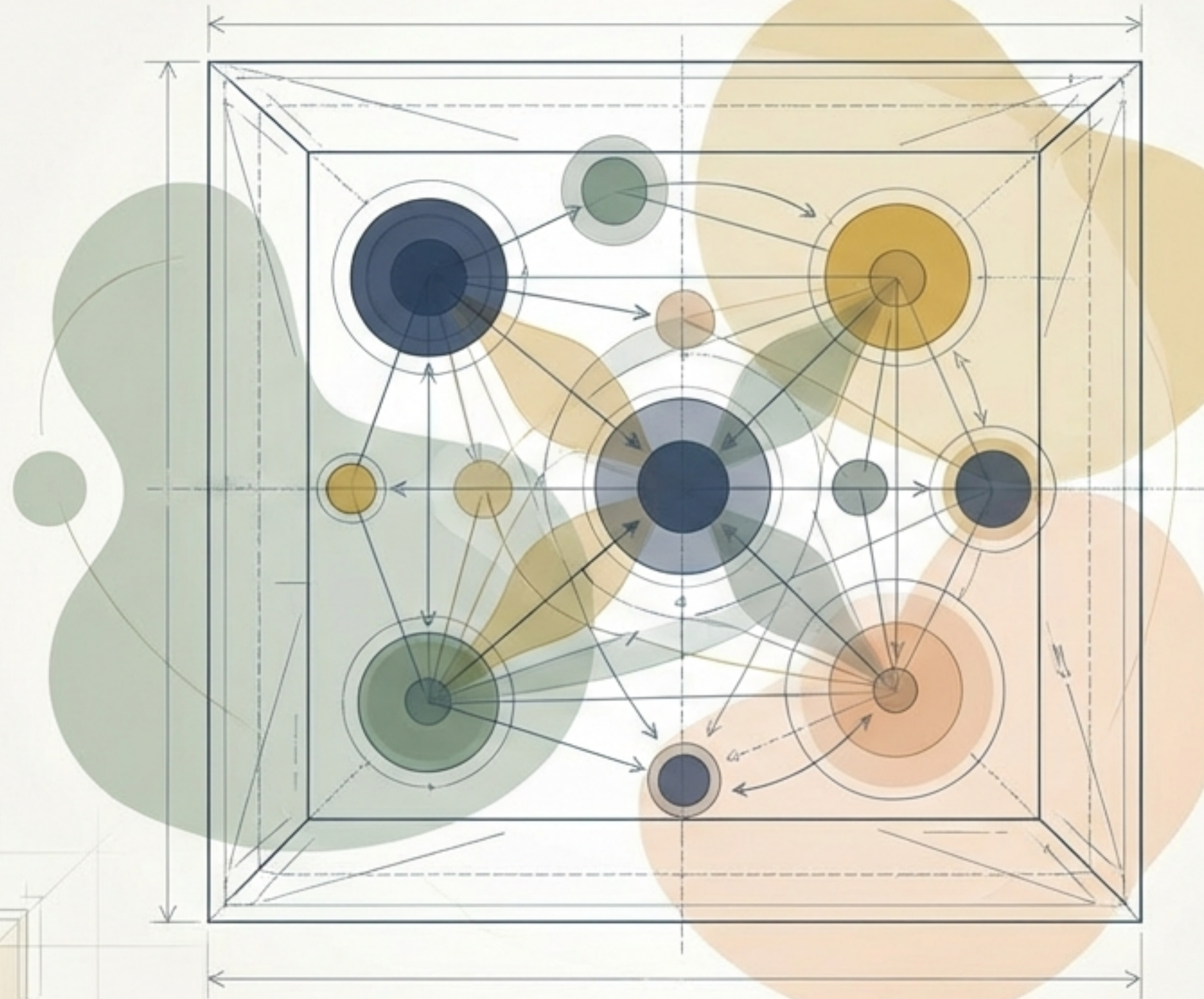
The Limitation of Surface-Level Work

Approaches like mindfulness and behavioral adjustments often suppress symptoms rather than resolving them. They offer temporary relief, but the root cause remains untouched.

When the root cause is ignored, clients eventually loop back to old behaviors.

To create permanent change, we need a microscope, not just a bandage.

The Self is Not a Monolith. It Is a System.



“It’s not about thinking outside the box. It’s realizing the box is the system.”

– Dr. David Schultz

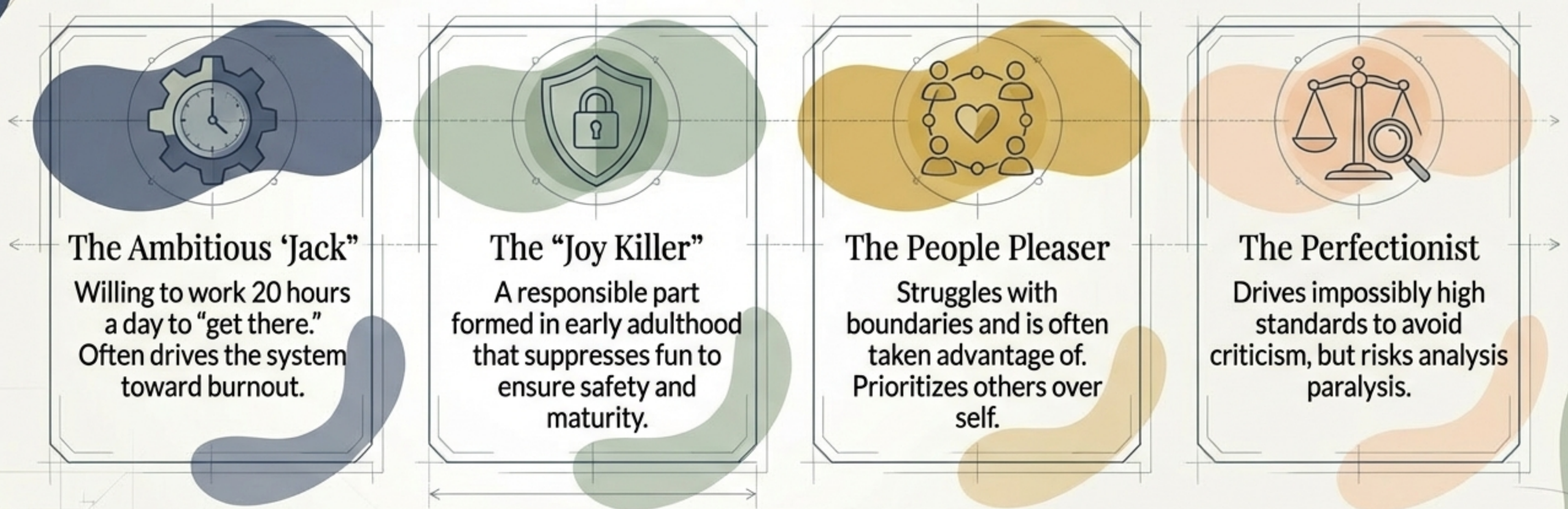
The Paradigm Shift: We are not one single voice. We are a boardroom of competing interests.

Systems Thinking: Just as a drop of pond water looks still on the surface but is alive with movement under a microscope, the human mind is a constellation of active sub-units.

The Goal: To create change, we must facilitate the meeting between these internal stakeholders.

Meet the 'Parts': The Internal Cast of Characters

Parts (Ego States) are internal personalities with specific opinions, agendas, and job descriptions.

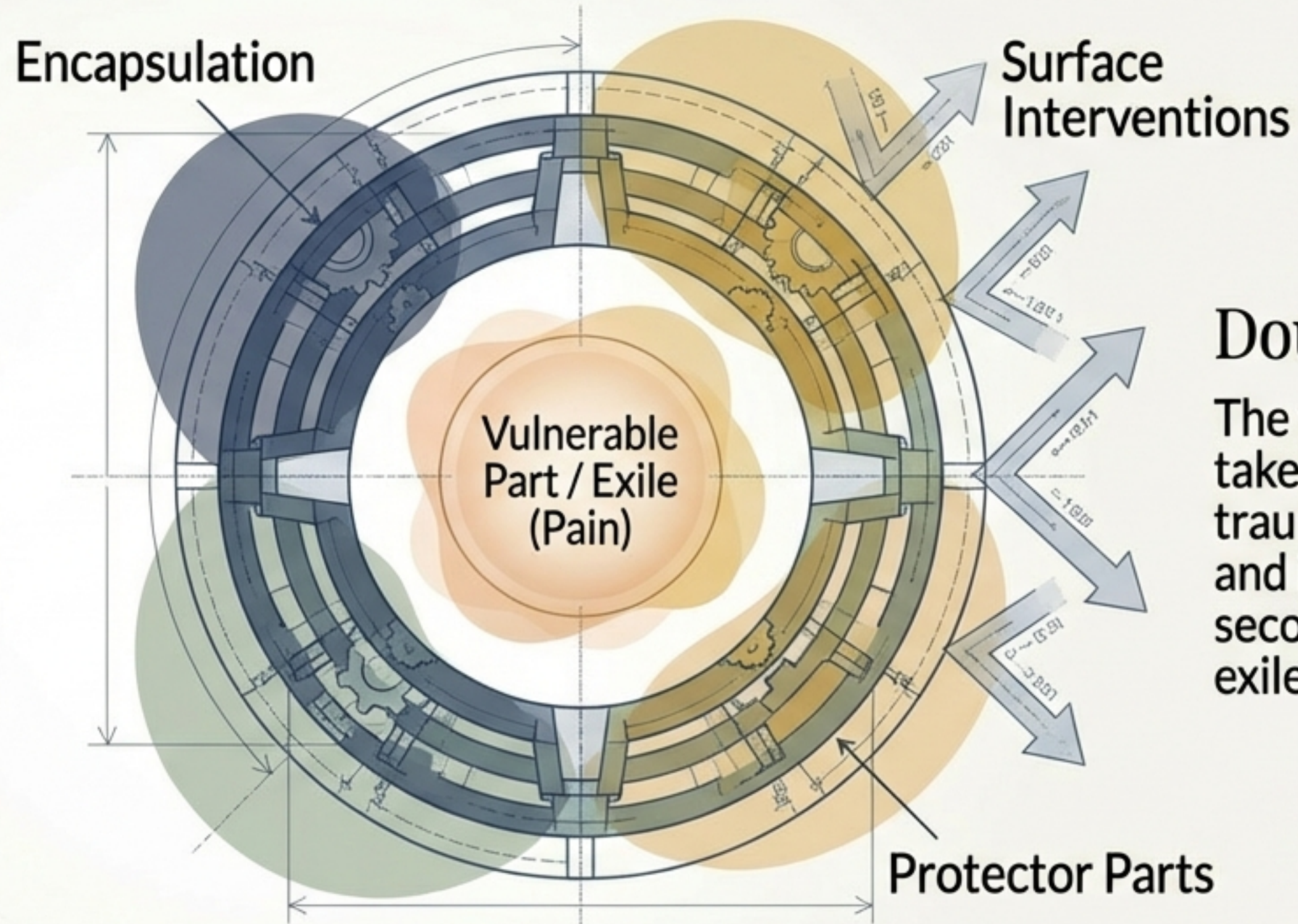


Insight: "Anytime you have an opinion, that is a part of you."

The Dynamics of Protection: Why Clients Get Stuck

The Mechanism

Vulnerable parts carry pain or fear. Protector parts encapsulate them to prevent the self from feeling that pain.



Double Jeopardy

The vulnerable part takes the 'bullet' (the trauma) for the system, and is then punished a second time by being exiled by the Protectors.

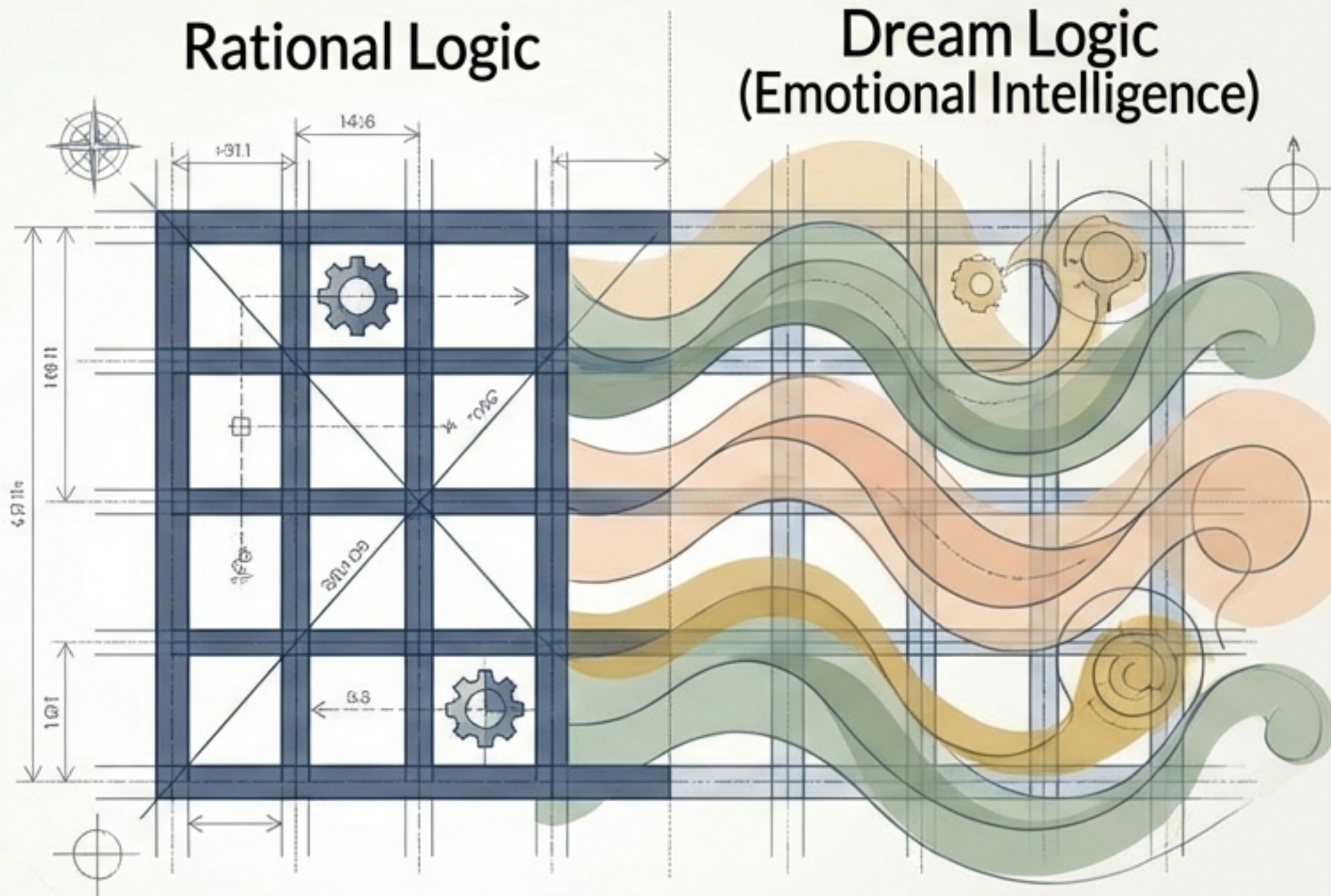
Inner conflict isn't self-sabotage; it is self-protection gone wrong.

Why Rational Logic Fails to Change Behavior

Rational Logic

Linear. Fact-based.
"Flying is statistically safe."

Fails to penetrate
emotional defenses.



Dream Logic (Emotional Intelligence)

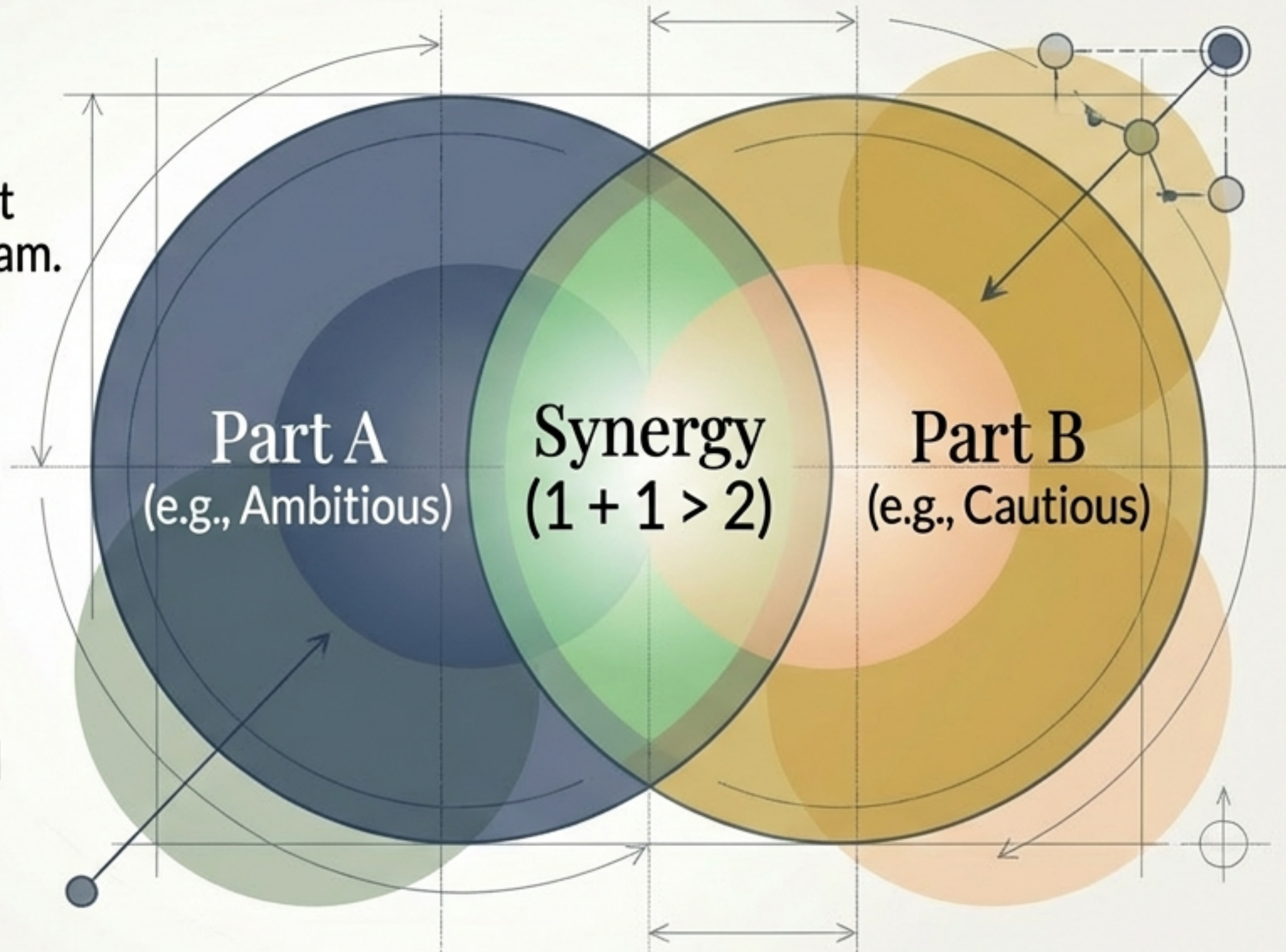
Symbolic. Metaphorical.
Non-linear.

"I feel unsafe."
This is the language
of the internal system.

To change a client's trajectory, you cannot argue with facts.
You must enter the 'dream' and speak directly to the part holding the fear.

Resolution Through Synergy, Not Suppression

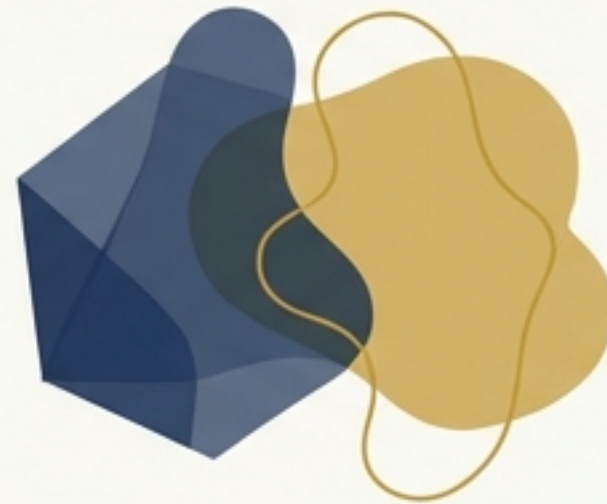
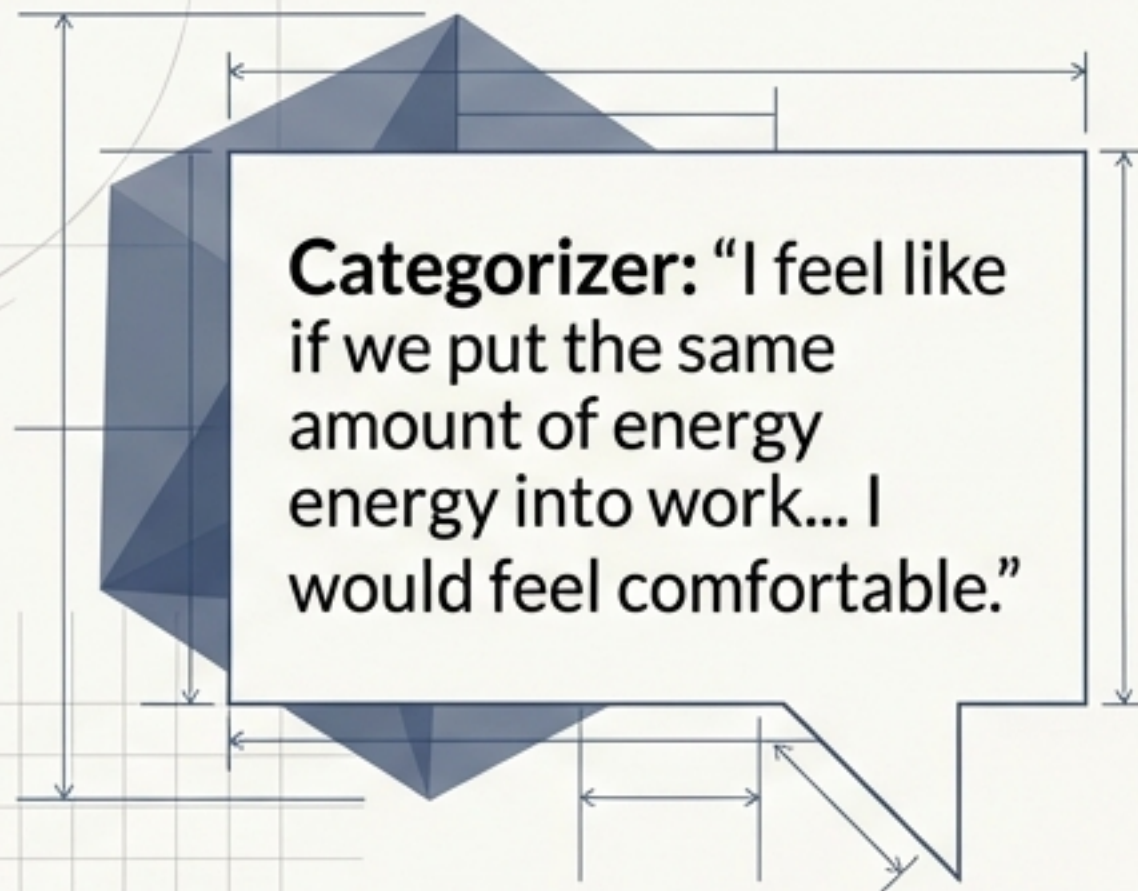
- **The Goal:** We don't fire the internal team. We negotiate.
- **Un-blending:** Separating the Core Self from the reactive part.
- **Mediation:** Facilitating a conversation between polarized parts.



- **The Outcome:** When polarized parts align, they create a third, stronger state.
- Energy previously wasted on conflict is released for growth.

Case Study: The “Ash Dialogue”

The Conflict: Imposter Syndrome caused by a war between a “Categorizer” (Safety) and an “Oil Painter” (Creativity).



Result: The parts shook hands. Ash reported immediate relief from Imposter Syndrome and a surge in confidence.

The Creator: Dr. David Schultz



Executive Business Coach & Doctor of Clinical Psychology

The General Contractor Metaphor:

Before Psychology, Dr. Schultz was a General Contractor building custom homes. He transitioned from building physical structures to “rebuilding the Self”.

Unique Position:

Bridging the gap between the depth of clinical therapy and the practicality of executive coaching.

Quote:

“I don’t have the answers for my clients. I guide them to listen to themselves... to look under the hood.”

The Self-Sync™ Parts-Based Coaching Certification

Help clients resolve inner conflict, gain clarity, and create lasting change – in just **12 weeks**.



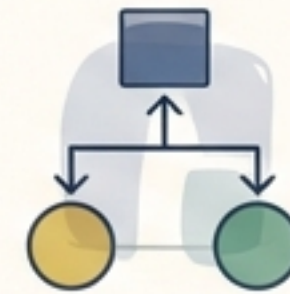
Format

Online, 12-Week
Intensive



Method

Integrates IFS-inspired
methods, CBT, and
Systems Therapy



Structure

10 primary meetings +
8 practice sessions

What You Will Learn: The Curriculum

Map the System

Learn to diagram a client's internal landscape and identify the "Major Players" (5-20 core parts).



Clear Communication

A structured technique to facilitate dialogue between warring parts (e.g., The Ambitious vs. The Cautious).



Connecting to Core Self

Guiding clients to the "non-judgmental leader" within—the calm center that manages the system.



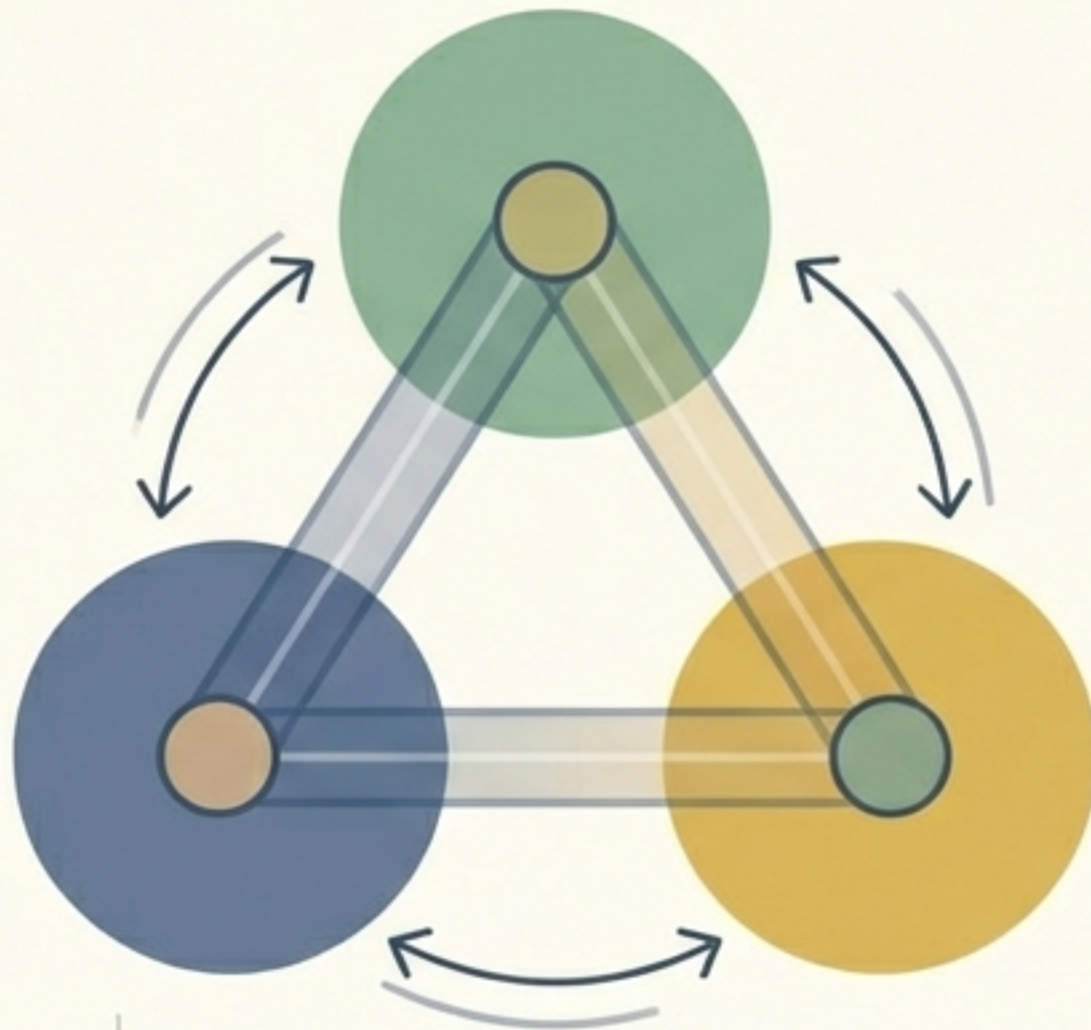
Mind Targeting

Going to the root of specific issues like anxiety or burnout rather than treating general malaise.



An Experiential Approach: Learn by Doing

You can't learn this just by reading. You must map your own parts.



- **Interactive Labs:** Practice in small groups of 3-4 peers.



- **Personal Mythology:** Identify your own "Joker," "Protector," or "Judge" to understand the mechanism from the inside out.



- **Deep Listening:** Learn the skill of hearing a client's offhand comment and recognizing it as a "Part" stepping forward.

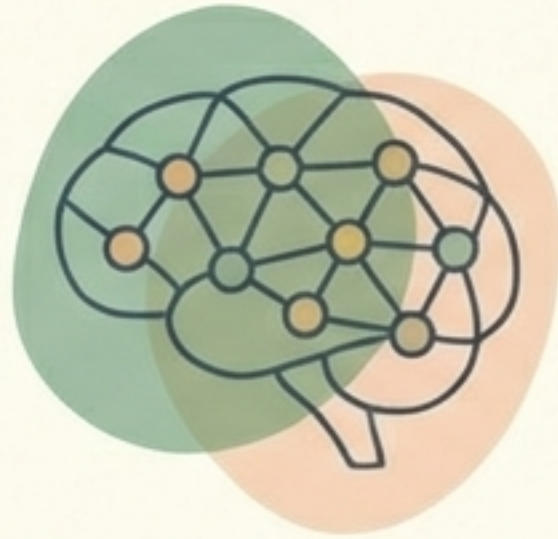
Who Is This Certification For?

Coaches



Go deeper than accountability. Tools for stuck clients.

Therapists



A structured, active framework to accelerate breakthroughs.

Leaders



Manage the psychology of performance and team dynamics.

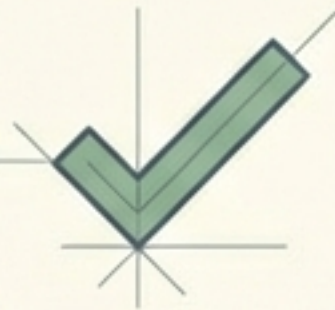
Wellness



Add a "Root Cause" tool to your holistic toolbox.

The Outcome: For You & Your Clients

For Your Practice



Differentiation: Stand out with a sophisticated, psychology-backed methodology.

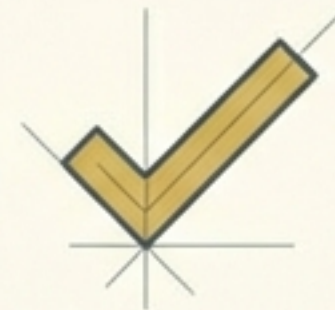


Confidence: Know exactly what to do when a client is looping.

For Your Clients



Permanent Resolution: Solve issues at the source so they don't return.



Self-Leadership: Clients leave with a new way to understand and lead themselves for life.

Mind: The Final Frontier

A complex geometric diagram on the right side of the slide. It features several overlapping circles in shades of blue, green, and orange. A central rectangle is drawn, with its corners touching the inner boundaries of the circles. Various lines, including a horizontal line and a vertical line, intersect the circles and the rectangle. Dimension lines with arrows are used to indicate specific measurements within the diagram.

We are just beginning to understand the mind.
This is an invitation to explore the systems
that shape our lives.

Enroll Now for the Next Cohort

self-sync.com / Mind Solutions

Affordable access. Advanced Level 3 training available.
Join a community of systems-thinkers.