



About Our Learnware Technology

WALKING YOUR TALK's tested and proven technology for cultivating excellence in work and life was developed by [Dr. Stuart Heller](#) from his surprisingly and intriguingly broad and deep background.

He brings to the cultivating excellence project almost 50 years of study in mathematics, meditation, scientific systems thinking, psychology, martial arts, Chinese medicine and the expressive arts.

Our human technology stands on seven core ideas:

1. A Systems View of Action
2. The Learning-Change Connection
3. Leveraging the Non-Verbal
4. Way of Being-and-Doing DNA
5. Heart-Mind Language of Movement
6. The Coherent Soul
7. The Five Rings Matrix

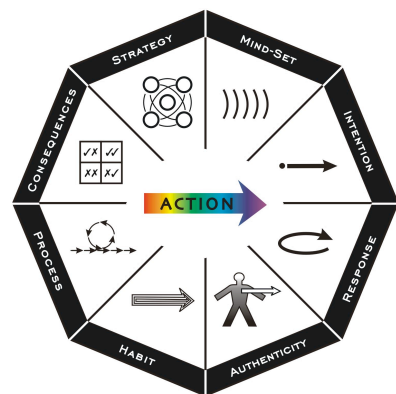
[BENEFITS & TESTIMONIALS](#)

A SYSTEMS VIEW OF ACTION

Without action, our visions, goals and desires remain unfulfilled.

What if one of the main reasons that we keep running into the same obstacles and challenges is that our understanding of action is too small?

Action, when viewed as a system, reveals itself to contain eight key dimensions that when harmonized transform our intentions into results.



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THE LEARNING - CHANGE CONNECTION

We have become used to separating learning and change, theory and practice, and our walk from our talk.

What if we declare that we will accept no learning without change or change without learning?

This prepares us for what it takes to bring forth our best, especially under pressure, when we need it the most.

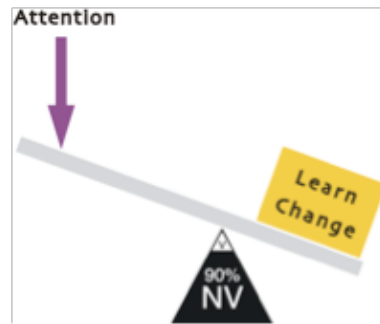


LEVERAGING THE NON-VERBAL

It is well accepted that the major factor that influences how people relate to us is what we are saying non-verbally as we speak.

Our research demonstrates that this same 90% non-verbal factor impacts not only what we learn but also the speed and depth of learning and change.

This is because the non-verbal dimension crosses the mind/body linguistic distinction to include thinking as well as posture, gesture and tone of voice.



WAY OF BEING - AND - DOING DNA

When we take seriously the combined implications of modern systems theory and the ancient wisdom traditions we realize that our way of being influences and is influenced by our way of doing and vice versa.

Supporting both is the way our habits interact with how we use our innate capacities for intentionality and responsiveness. This is what we call the DNA Code of our Way of Being-and-Doing.



HEART - MIND LANGUAGE OF MOVEMENT

The dynamic states that support our experience and behavior are unique neuro-muscular-chemical-energetic configurations. To work with these fundamentals requires a heart-mind language of movement.

Heart-Mind is the ancient idea that the human psyche is a cognitive-emotional organ or faculty. And if Einstein was correct and nothing happens until something moves, then movement is the natural language of happenings. Physical happenings. Emotional happenings. Cognitive happenings.



THE COHERENT SOUL

The Coherent Soul refers to the classical view that in order to truly make sense of the human condition and its possibilities and challenges we need to include the influences of Society, Spirit and Soma.

In the heart or intertwining of these worlds, we find the human soul.

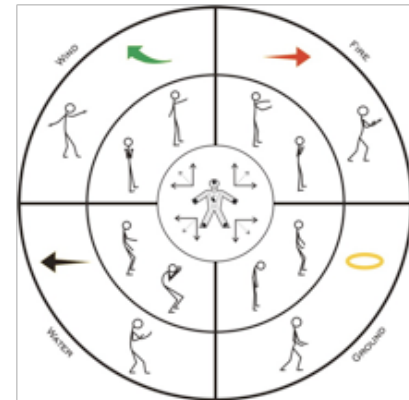


THE FIVE RINGS MATRIX

Using the heart-mind language of movement, Stuart Heller developed a visual model, the Five Rings Matrix, as a Rosetta Stone for translating between words and their non-verbal complements, making the invisible visible and tangible.

And with this vocabulary of shapes, balances, dynamics, timings and directions a comprehensive system of tools (Movement Simulations, Internal Exercises and Nano-Practices) was developed that integrates the verbal with the non-verbal.

Now, how can we not learn and change, and grow into who we can be?



For more about these ideas, visit our Online Library:

www.CultivatingExcellence.com

Or contact us at: Excellence@w-y-t.com