

## BodyTalk Access: Developing an Inner and Outer Team

**TEAM = Together Everyone Achieves More**

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I like this acronym because it reminds me of my body. Every organ, endocrine and body part must work together to create good communications between every cell and fibre. It's 'The Team' that keeps me well. The more my team works together, the better I feel and more I can accomplish.

BodyTalk Access is the Team Coach. It pulls my team together to help me realize my best human potential.

Prior to BodyTalk Access I had developed extremely painful feet after abdominal surgery. Nothing seemed to help. Taking stairs was very difficult. I held on tightly to the railing for security, afraid I would fall down steps due to a weakened hip area. I reviewed my health after doing the Access Techniques for 3 months. I couldn't remember when the pain left my feet, nor the last time I depended on a railing for safety.

Evidence like this makes me know that using these valuable techniques improved my internal teamwork so my health is better on all levels. Of course, I also receive regular BodyTalk sessions as well.

I have consistently done the Access Techniques on myself for over 3 years. As an Access Trainer, I speak passionately about the simplicity of inner communication between parts following the Teamwork model.

**Here are a few quotes to recognize the value of developing an inner and outer team.**

### **Unknown sources:**

It is amazing how much you can accomplish when it doesn't matter who gets the credit.

There is no "I" in "TEAMWORK".

Teamwork: Simply stated, it is less me and more we.

The whole is greater than the sum of the parts.

Teamwork is working together — even when apart.

A job worth doing is worth doing together.

Coming together, sharing together, working together, and succeeding together.

A successful team beats with one heart.

Teamwork divides the task and doubles the success, and the team doesn't tolerate the inconvenience of distance.

**Katharina Arnesen:** I learned that 1 working horse can pull 2 tons by itself; but if it is working in tandem with another horse they can together pull 23 tons— a really good reason to work together in groups, I think.

**Andrew Carnegie:** Teamwork is the ability to work together toward a common vision.

The ability to direct individual accomplishments toward organizational objectives - It is the fuel that allows common people to attain uncommon results.

**Ken Blanchard:** None of us is as smart as all of us.

**Vince Lombardi:** (coach for the NFL): People who work together will win, whether it be against complex football defences, or the problems of modern society."



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