



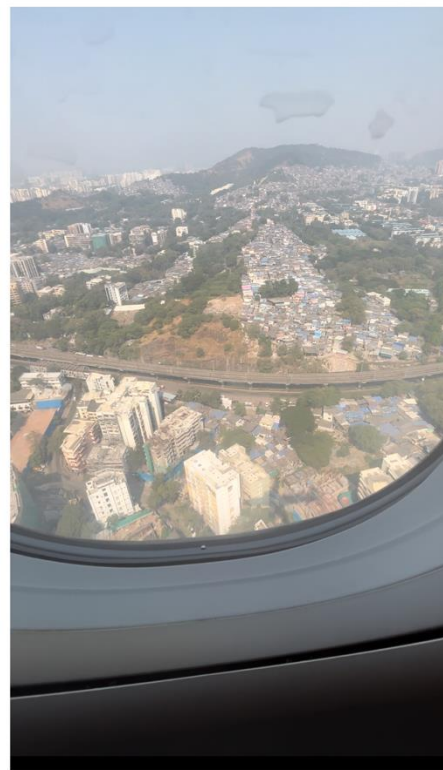
Better:

From DREAD to DREAMS

Dr Alia Bojilova

A
GAME
OF
two
HALVES





A photograph of a spiral staircase. The wall on the left is a vibrant yellow, while the wall on the right is made of light-colored, textured stone blocks. The staircase itself is made of dark, speckled stone steps. The word 'Balcony' is written in green text on a white background in the upper left, and the word 'Basement' is written in white text on a black background in the lower right.

Balcony

Basement



Contextual Intelligence





Allostasis



VUCA BANI

The space between
the thinker &
the thought



BY HANDEL GROUP

INTEGRITY & ACCOUNTABILITY

DESIGNED RESULTS

THE SOURCE

BELIEFS

THEORIES

TRAITS

THOUGHTS*
(INNER DIALOGUE)

ACTIONS

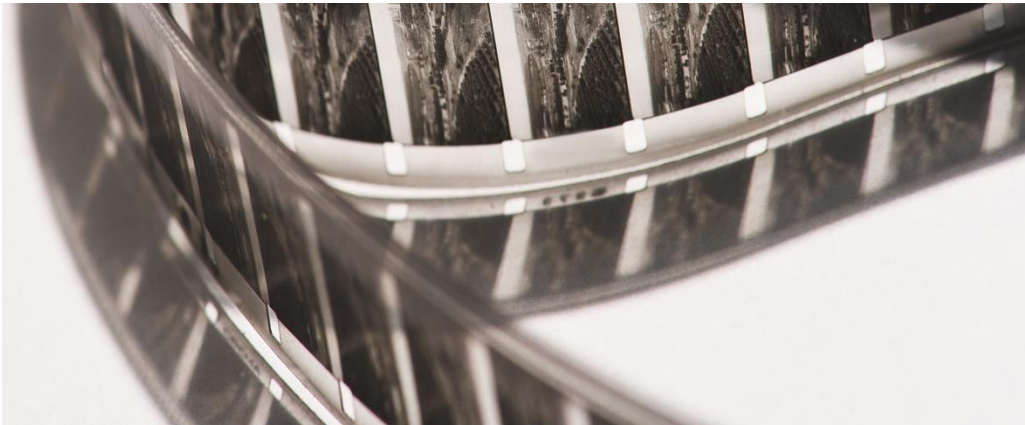
WHAT WE DO
WHAT WE DON'T DO
HOW WE DO

RESULTS

HAVING RESULTS

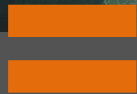


RE PREPLAY

- Uninterrupted- 80% **negative**
 - 70-80% **repeated** daily
 - 90 % drawn from the **subconscious**
- 



Wayfinding in ambiguity?



Mindfully nurtured pivot points.





“Resilience is like gardening...”

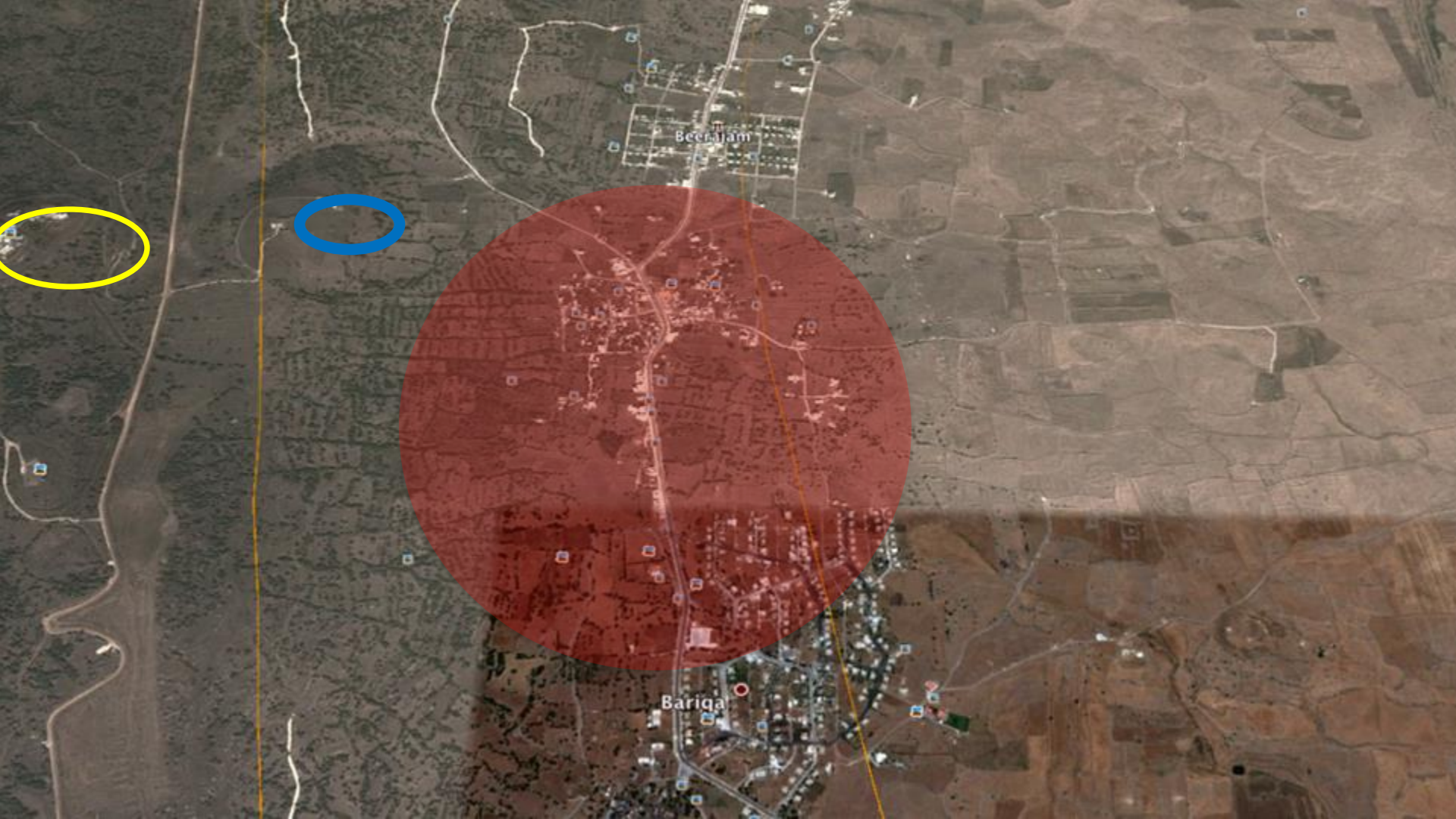


01321505

IVO

AI QUNEITRA, Syria

THE **MAYDAY** awakening



Dr Alia Bojilova © 2025

מוקשים

הזהר!

احترس
من

الالغام!

DANGER
MINES !

Ghosts?

No,
really,
we are
here!"



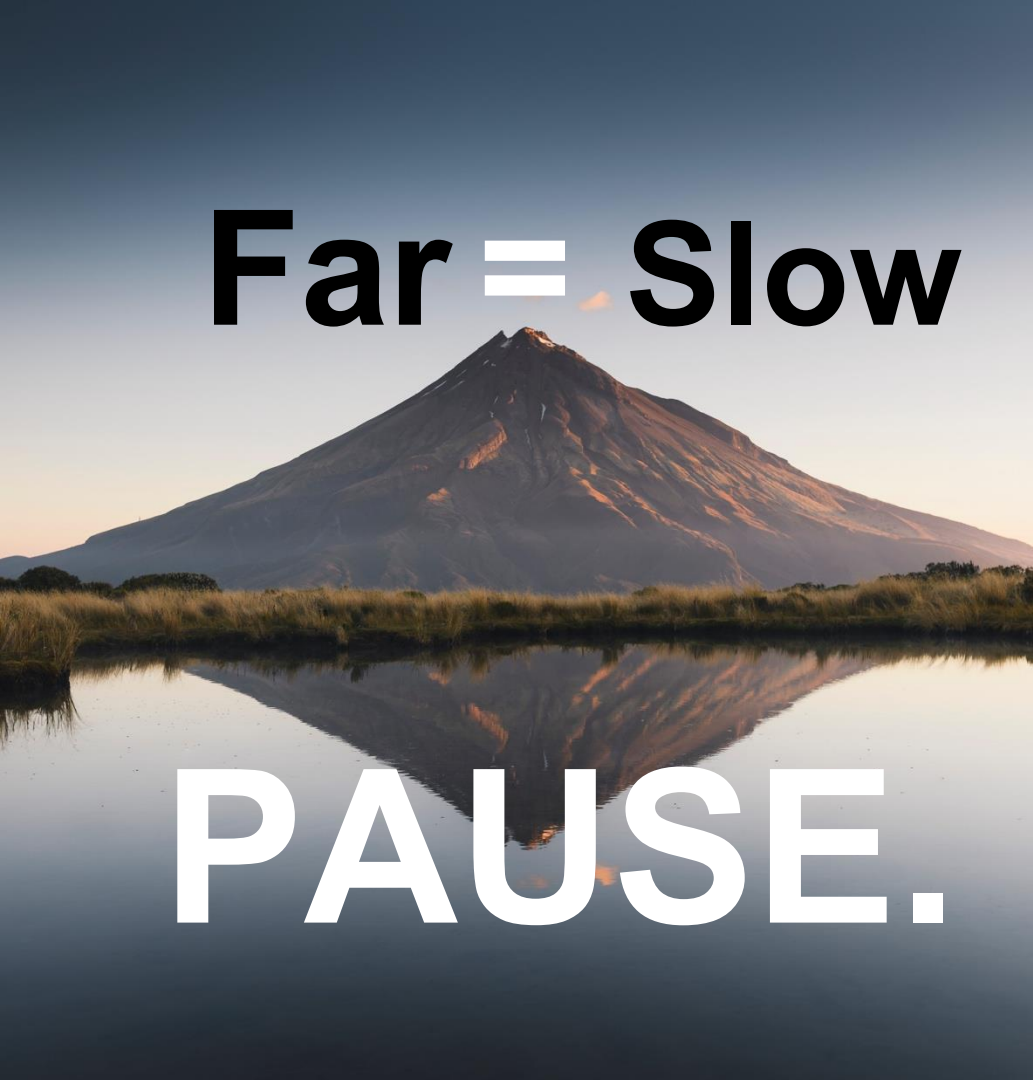
O.O.D.A. LOOP



Curiosity

Woe –
Wonder

Vuja de



Far = Slow

PAUSE.

Default **Deliberate**

Habitual **Optimal**

Answers **Questions**

Unthink.

Unknow.