



2026

COHERENCE ARC™

BUSINESS LEADERSHIP

Part 5: Integration

User Book by :

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HELLO I AM AUDREE GRUBESIC

I'm a leader in modular and offsite construction, known for connecting innovation, execution, and human-centered leadership across the built environment. I bring over two decades of experience in real estate development, strategic growth, and industry collaboration to advance scalable construction solutions and meaningful community impact.

OUR VISION

To transform how leaders think, decide, and lead—by aligning internal clarity with external performance.

Aligning Body, Strategy, and Leadership

OUR MISSION

The Coherence Arc™ exists to redefine leadership in high-performance industries by integrating presence, strategy, and human connection. It creates leaders who are not driven by pressure or reactivity, but by clarity, alignment, and intentional action—resulting in stronger teams, better decisions, and more sustainable outcomes.



5 PILLARS



The Coherence Arc™

A five-part executive development experience designed to align body, strategy, and leadership—equipping leaders to operate with clarity, resilience, and intentional decision-making.

1. AWARENESS

- Develop the ability to pause, observe, and recognize internal and external triggers
- Strengthen self-awareness to reduce reactivity and improve clarity under pressure
- Build awareness of thought patterns, emotional responses, and leadership habits

2. IDENTITY

- Clarify personal leadership values, beliefs, and decision-making patterns
- Align leadership voice with authenticity rather than external expectations
- Strengthen confidence in how you show up, communicate, and lead

3. PURPOSE

- Define clear direction and align goals with meaningful outcomes
- Improve decision-making by filtering distractions and competing priorities
- Connect daily actions to long-term vision and impact

4. CONNECTION

- Build trust through intentional communication and active listening
- Strengthen relationships by understanding team dynamics and perspectives
- Create environments that support collaboration, transparency, and alignment

5. INTEGRATION

- Translate insight into consistent, aligned action in real-world leadership scenarios
- Balance execution with presence to sustain performance over time
- Reinforce new leadership behaviors through intentional, repeatable practices

PERSONAL GROWTH

Reflection

LOOKING BACK - Reflect on your journey
through The Coherence Arc.

What have I discovered about myself?

What patterns have I become aware of?

What beliefs have shifted?

What relationships have changed?

What am I no longer willing to carry?

What am I ready to embrace?

Reflect. Realign. Rise

THE GAP BETWEEN KNOWING *and Living*

Many people know what matters.

Few people consistently live it.

Knowledge does not create transformation.

Participate creates transformation.

REFLECTION

| Where am I still living out of habit rather than intention?

| Where am I still choosing comfort over growth?

10- MINUTE GUIDED INTEGRATION

PRACTICES:

Breath Awareness: 60 Second Reset, Coherence, Observer Breath

Gratitude: 20 Things I am Grateful For Today

Body Awareness: How am I Feeling Now?

Reconnection to Purpose: What Is My Path Forward?

Future Self Visualization: How Do I See Myself Now?

What does the highest version of myself want me to know today?

From this day forward...

From this day forward, I will trust myself.

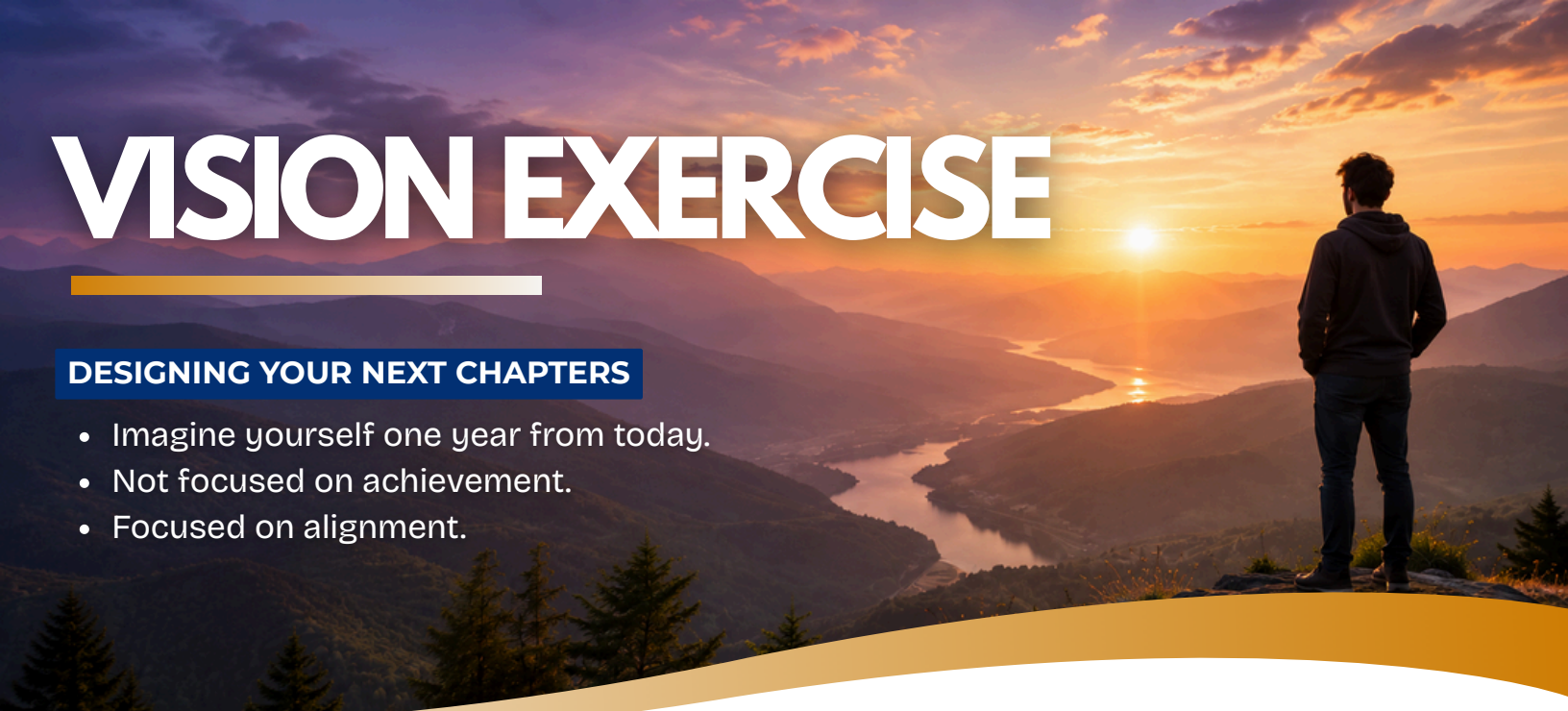
From this day forward, I will speak with clarity.

From this day forward, I will lead with courage and compassion.

From this day forward, I will stop abandoning myself to meet the expectations of others.



VISION EXERCISE



DESIGNING YOUR NEXT CHAPTERS

- Imagine yourself one year from today.
- Not focused on achievement.
- Focused on alignment.

How do you feel?

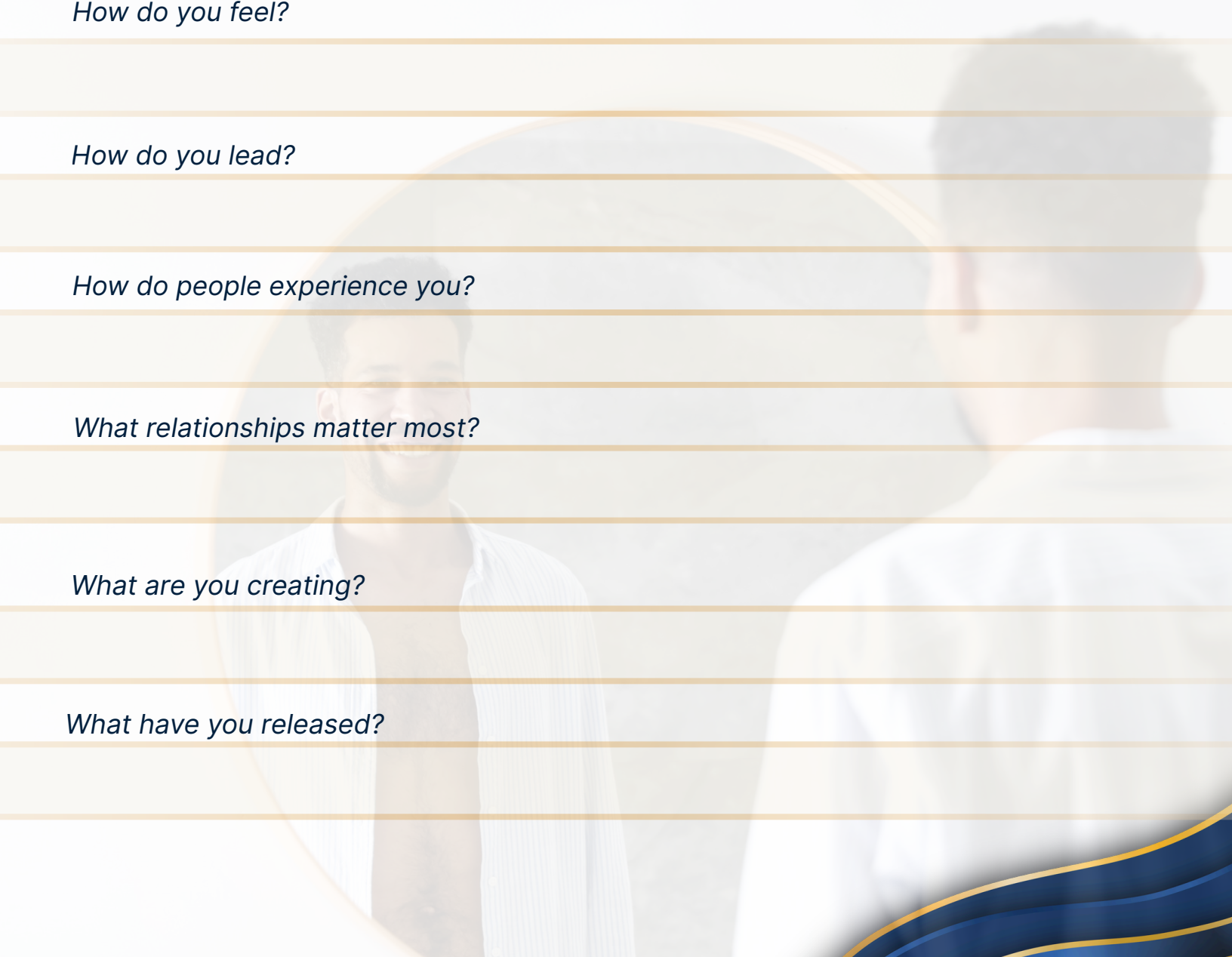
How do you lead?

How do people experience you?

What relationships matter most?

What are you creating?

What have you released?





GREATNESS WITHIN YOU

Greatness is not something you earn.

- It is not a title.
- It is not a position.
- It is not a number in a bank account.

Greatness emerges when who you are, what you believe, and how you live become aligned.

What would change if you fully trusted yourself?

What would become possible if you led from alignment instead of fear?

A person stands on a rock in a calm lake at sunset, with their arms outstretched towards the horizon. The sky is a mix of blue and orange, and the mountains in the background are silhouetted against the light. The person's reflection is clearly visible in the water.

Thank you

Thank you for your willingness to pause.

Thank you for your courage to reflect.

Thank you for choosing growth.

Thank you for showing up for yourself and for one another.

May you leave with greater awareness, deeper connection,
stronger purpose, and the courage to lead with both heart and
conviction.

THE COHERENCE ARC™

AWARENESS → IDENTITY → PURPOSE → CONNECTION → INTEGRATION

SEE YOURSELF → KNOW YOURSELF → ALIGN YOUR WORK → CONNECT DEEPLY

→ LIVE IT DAILY

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