

THE CORE BALANCE MODEL© — BLOG SERIES FINALE, PART 4 OF 4

The Core Balance Profile Workshop: What to Expect in Each Session

Six sessions. One week apart. Each one builds on the last — until the pattern that has been running your life steps back, and the person who was always there steps forward.

By **Raphael Natale** | Authentic Technologies | Personal Development & Life Coaching | 11 min read

Over the first three parts of this series, we built the map: the Core Automatic Self that hijacks your responses, the Core Authentic Self that was never damaged by any of it, and the double-bind patterns that keep both selves locked in their positions. Now comes the territory. **The Core Balance Profile Workshop is where the map becomes lived experience.** It is where understanding becomes a tool — one you carry with you permanently, that works even under the conditions when you most need it.

WHAT IT IS

The Core Balance Profile Workshop

A structured six-session personal development process, conducted one session per week, in which each participant develops a personalized understanding of their own Core Automatic Self — its specific triggers, behavioral patterns, double-bind logic, and developmental origin — and builds the individualized tools to access their Core Authentic Self in real time. The result is not a new personality. It is sustainable, self-administered access to who you have always been.

“The Two most important days in your life are, The day you were born,
and the day you find out why” ----- Mark Twain

Why Six Sessions — and Why One Week Apart

The structure of the Core Balance Profile Workshop is not arbitrary. It reflects a specific insight about how genuine change actually works — and why so many intensive workshops, weekend retreats, and single-session breakthroughs fail to hold.

A single session, however powerful, produces insight. Insight is real and valuable. But the Core Automatic Self does not change in response to insight — it changes in response to *understanding that has been tested by life*. One week between sessions is not a scheduling convenience. It is the mechanism.

What happens in the session Each session builds a specific layer of understanding: the Automatic Self's signature, its triggers, its double-bind logic, its origin, and the personalized tools to interrupt it. The participant leaves each session with something new and concrete.	What happens in the week between Life provides the field test. The insight from session one is activated — sometimes confirming it, sometimes complicating it. The participant returns to session two with lived experience of the material, not just intellectual understanding of it.
Why this compounds Each session integrates the previous week's experience before building the next layer. By session four or five, participants are working with a self-understanding that has already been validated by their own life.	Why it lasts By the final session, the participant has developed their own tools — tailored to their specific Automatic Self, their specific history, their specific bind patterns. External dependency is replaced by internal capacity.

"The week between sessions is not empty time. It is where the work actually happens. I designed the workshop around life as the Living laboratory — not around the controlled conditions of a coaching room."

— Raphael Natale, Core Balance Model©

The Six Sessions: A Complete Walkthrough

Each session has a specific focus, a specific depth, and a specific deliverable. What follows is the shape of what participants typically experience.

SESSION ONE

Session 1: Meeting Your Core Automatic Self

The first session begins with a deceptively simple question: When do you feel most unlike yourself? Not when you feel most stressed, or most angry, or most afraid — but most unlike the person you know yourself to be. In this session, participants develop an initial map of their Automatic Self's most visible features: the situations that reliably trigger it, the physical sensations that accompany its activation, the characteristic behaviors it produces, and the internal narrative it generates. This is not a psychological excavation. It is a recognition exercise — learning to see something that has been operating invisibly, often for decades. Most participants leave this session with a mix of relief and unease: relief at finally having language for something they have long experienced; unease at seeing how consistently and thoroughly the Automatic Self has been running the show.

What You Leave With: *A named, specific profile of your Core Automatic Self's most recognizable activation pattern — your personal trigger map, in your own words.*

SESSION TWO

Session 2: The Logic of the Automatic Self — and Its Origin

Session two begins with the week. What happened? Where did the Automatic Self show up? Where was it absent? The material from the intervening week is primary data, and it always adds nuance and depth to the initial profile from session one. The session then moves into origin work: tracing the Core Automatic Self's specific patterns back to the developmental situations that generated them. This is not about assigning blame to parents or caregivers — most Core Automatic patterns were developed in response to environments that were imperfect but not malicious. It is about understanding the logic of the Automatic Self: why these defenses made complete sense for the child who built them, and why they continue to activate automatically even when the original threat has long since passed. This session often produces the deepest emotional material of the workshop. Seeing the original situation clearly — and regarding the child who navigated it with genuine compassion rather than shame — is frequently a turning point.

What You Leave With: *A clear, compassionate understanding of the original situation that generated your Core Automatic Self's specific patterns — separating the child's reality from the adult's present circumstances.*

SESSION THREE

Session 3: Naming Your Double-Bind Patterns

By session three, participants have a working understanding of their Core Automatic Self and its developmental origin. Session three applies that understanding to a specific and often revelatory task: identifying the specific double-bind patterns the Automatic Self generates in their current life. Using the framework from Part 3 of this series — now personalized to the participant's specific history — each person maps their characteristic double-bind situations. Where do they consistently feel trapped? Which relationships activate the bind most reliably? What are the two poles of the bind? And critically: what was the original situation in which this bind was genuine? The act of naming the bind — giving it a specific shape, tracing it to its origin — begins the process of dissolving its unconscious authority. Participants frequently report that simply being able to say 'I'm in my trust bind right now' begins to change their experience of the situation.

What You Leave With: *A named, personalized map of your two or three primary double-bind patterns — with their specific triggers, their two poles, and their developmental origin identified.*

SESSION FOUR

Session 4: First Contact With the Core Authentic Self

Session four marks a shift in the workshop's orientation. Sessions one through three are primarily about the Core Automatic Self — understanding it, tracing it, naming its patterns. Session four turns toward the Core Authentic Self: not as an abstract concept, but as a personal, specific, already-experienced reality. Participants are guided through a structured reflection: the moments in their life when they have felt most genuinely themselves — most present, most capable, most at ease. These are real experiences of the Core Authentic Self that have already occurred. Session four makes them explicit, personal, and usable as reference points. The session also introduces the first real-time tool: a personalized, brief internal process — developed collaboratively with each participant — for recognizing when the Automatic Self has

activated and creating enough of a pause to access the Authentic Self's perspective. This is the tool that begins to function in daily life between sessions four and five.

What You Leave With: *A personal inventory of your Core Authentic Self experiences, and a first real-time recognition tool tailored to your specific Automatic Self pattern.*

SESSION FIVE

Session 5: Testing the Tools — and Deepening Them

The week between sessions four and five is typically the most eventful of the workshop. Participants are now using their recognition tool in real time — and life, reliably, provides test cases. Session five begins with a thorough debrief of those experiences: where the tool worked, where it didn't, what got in the way, and what needs refinement. This session refines the real-time toolkit based on lived experience. For some participants, the initial tool needs adjustment — a different entry point, a different framing, a more specific trigger signal. The deepening in session five is qualitatively different from earlier sessions: it is specific, practical, and grounded in the participant's actual life. Session five also addresses what Raphael calls the 'relapse pattern': the predictable pull of the Core Automatic Self back toward its familiar territory, especially under stress or in high-stakes situations. Understanding this pull — and developing specific strategies for those moments — is a critical component of lasting change.

What You Leave With: *A refined, field-tested recognition-and-access toolkit — including strategies for high-stress moments and the predictable relapse pull of the Automatic Self.*

SESSION SIX

Session 6: Integration — and the Work That Carries Forward

The final session is different from the others in tone. The active discovery work is largely complete. Session six is about integration: consolidating what has been learned, clarifying what is still in process, and deliberately handing ownership of the work from the workshop to the participant's ongoing life. In this session, each participant creates their personal Core Balance Profile — a written distillation of everything the workshop has produced: the Core Automatic Self's specific signature, its triggers and behavioral patterns, its double-bind logic, its developmental origin, the Core Authentic Self reference experiences, and the personalized real-time toolkit. This is not a therapeutic record. It is a practical instrument — one the participant returns to in difficult moments as a reminder of what they know about themselves and how to work with it. Session six also addresses what changes after the workshop ends. Patterns that have run for decades do not disappear. What changes is the relationship to them. The Automatic Self still activates. The double-bind still presents itself. But the participant can now see it happening — and choose a different response.

What You Leave With: *Your completed, personal Core Balance Profile — a written instrument you keep, return to, and continue working with long after the workshop ends.*

What Participants Report After the Workshop

The outcomes of the Core Balance Profile Workshop are individual — shaped by each person's history, their specific Automatic Self patterns, and the circumstances of their life. What follows reflects consistent themes across participants over years of work.

Area of Life	What Participants Typically Report
Primary relationships	The recurring conflict patterns that felt unsolvable begin to shift — not because the partner changed, but because the automatic response perpetuating the pattern changed. Several participants describe their most significant relationships transforming within weeks of completing the workshop.
Self-criticism and internal narrative	The critical internal voice loses some of its authority. Participants report being able to recognize it as the Automatic Self speaking, rather than experiencing it as objective truth. The voice may still appear; it no longer lands the same way.
Decision-making	Double-bind situations that previously felt completely sealed begin to reveal third options. Decisions that had been deferred indefinitely become possible — because the Automatic Self is no longer the only voice evaluating them.
Performance under pressure	High-stakes situations — the presentations, the difficult conversations, the moments where the most is at stake — are where participants report the most dramatic shifts. The real-time recognition tool changes the equation precisely when it matters most.
Physical and emotional wellbeing	Many participants report reduced anxiety, better sleep, and a pervasive reduction in the low-grade tension that chronic vigilance produces. The body relaxes when the threat-detection system is no longer misfiring constantly.
Sense of self	"I feel like myself for the first time" is one of the most common statements Raphael hears from participants completing the workshop. Not a new self — the original one, finally accessible on a consistent basis.

"Raphael Natale's work represents an authentic light in the midst of the darkness. His Core Balance Model© has set free thousands of individuals from the tyranny of their own psychological defenses — and given them access to the wholeness they never lost."

David French, Ph.D. — Clinical Psychologist

Is the Workshop Right for You?

The Core Balance Profile Workshop is not for everyone — and Raphael is direct about this. The free consultation that precedes the workshop is not a sales conversation. It is a genuine assessment of fit.

WELL SUITED FOR PEOPLE WHO...

- ✓ Recognize recurring patterns they cannot seem to escape
- ✓ Have tried other approaches and found lasting change elusive
- ✓ Are in a period of genuine readiness — committed motivation, not crisis
- ✓ Can tolerate sitting with difficult material for a structured period
- ✓ Want to understand themselves, not just manage their symptoms
- ✓ Are willing to do honest self-reflection between sessions
- ✓ Are looking for a tool to carry forward, not a dependency to maintain

MAY WANT TO CONSIDER FIRST IF...

- ✓ Are in active crisis or acute clinical distress
- ✓ Are seeking symptom management rather than pattern understanding
- ✓ Have a primary need for ongoing therapeutic support
- ✓ Are not currently able to commit to the six-week structure

ON CORPORATE AND GROUP APPLICATIONS

The Core Balance Model© has been delivered in corporate settings to HR professionals, managers, and organizational leaders. The dynamics of the Core Automatic Self in workplace contexts — team conflicts, leadership blind spots, recurring organizational patterns, communication freezes — are identical in structure to personal contexts. Corporate workshops are available as group engagements and can be customized for organizational needs. Contact Authentic Technologies for details.

Frequently Asked Questions About the Workshop

Is this therapy? Do I need to be in therapy to do the workshop?

The Core Balance Profile Workshop is personal development coaching, not therapy — and it does not require a clinical diagnosis or concurrent therapeutic treatment. It works with the psychology of personal patterns and the Core Balance Model© framework rather than with clinical conditions. Many participants are not in therapy. Some are, and find the workshop complements their therapeutic work.

Can I do the workshop online, or does it need to be in person?

The workshop is available both in person and via video session. The material works equally well in both formats. What matters is a quiet, private space where you can speak freely and be fully present. Raphael works with participants throughout the United States and, via video, internationally.

What is the cost of the Core Balance Profile Workshop?

Pricing for the six-session Core Balance Profile Workshop is discussed during the free initial consultation, where Raphael can also clarify what the workshop includes and whether individual sessions or other engagement formats may be a better fit for your circumstances. The free consultation carries no obligation. It is a genuine conversation, not a sales process.

How is this different from other coaching programs I've done?

Most coaching programs work at the level of goals, habits, mindset, and behavior change — helping you do things differently. The Core Balance Profile Workshop works at the level beneath behavior: understanding why the Core Automatic Self generates the patterns it does, and developing the specific capacity to step out of those patterns in real time. Many participants have done significant prior coaching or therapeutic work and found this workshop fills a gap that other approaches could not — specifically, the gap between intellectual understanding and real-time capacity under pressure.

What if I've already read all four articles in this series? Am I prepared for the workshop?

Reading this series is genuine preparation — not a substitute for the workshop, but a meaningful foundation for it. Participants who come to the workshop with a working understanding of the framework typically move through the early sessions more quickly and can spend more time on the personalization and tool-building work that creates lasting change. If you have read the full series and recognized yourself in it, that recognition is worth acting on.

Is there any follow-up support after the six sessions?

The Core Balance Profile Workshop is designed to produce self-sustaining capacity — not ongoing dependency on Raphael. The completed Core Balance Profile you take from session six is a permanent resource. Some participants choose to schedule individual follow-up sessions in the months after completing the workshop — particularly when they encounter new or particularly challenging activation situations. The goal is always your independence, not your continued engagement.

The End of the Series — and the Beginning of the Work

This is the final article in the Core Balance Model© series. Over four articles, we have covered the two selves, the double-bind mechanism, and the workshop that bridges understanding and

change. But reading a series is not the same as doing the work — and knowing a map is not the same as walking the territory.

If something in these four articles has resonated — if you have recognized your Core Automatic Self in the descriptions, if you have seen your double-bind patterns in the six scenarios, if you have glimpsed your Core Authentic Self in the question about when you feel most yourself — then you have already begun. **Recognition is the first movement.**

The next movement is a conversation. It costs nothing and commits you to nothing. It is simply an honest exchange about where you are, what patterns you are ready to understand, and whether the Core Balance Profile process is the right next step for you.

S E R I E S C O M P L E T E

Core Balance Model© — All Four Parts

Part 1: What Is the Core Automatic Self? | Part 2: What Is the Core Authentic Self?
Part 3: Double Binds — Why You Feel Trapped | Part 4: The Core Balance Profile Workshop ♦

A B O U T T H E A U T H O R

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Raphael Natale has spent decades developing and teaching the Core Balance Model© to thousands of individuals and organizations across the United States. His work has been endorsed by clinical psychologists and described as "an authentic light in the midst of the darkness." He offers one-on-one coaching, the Core Balance Profile Workshop, and corporate training programs through Authentic Technologies.

S C H E D U L E Y O U R F R E E C O N S U L T A T I O N

The conversation that starts everything.

One hour. No obligation. A genuine conversation with Raphael about your patterns, your history, and whether the Core Balance Profile process is the right next step for you. Thousands of people have had this conversation. Most say it was worth it whether or not they continued.

☎ 800-657-1120 | info@authentictech.com

authentictech.com/schedule-an-appointment

Available in person (Mission Viejo, CA) and via video session nationwide

T H E C O M P L E T E C O R E B A L A N C E M O D E L © S E R I E S

- ← [Part 1: What Is the Core Automatic Self?](#)
- ← [Part 2: What Is the Core Authentic Self?](#)
- ← [Part 3: Double Binds — Why You Feel Trapped in the Same Patterns](#)
- ● **[Part 4: The Core Balance Profile Workshop \(this article\)](#)**

- [authentictech.com — The Core Balance Model© Full Overview](#)

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