

2026 Board of Directors



Steve Radde
President



Mike Jenkins
Vice-President



Kim Ridding
Secretary



Brandy Lord
Treasurer

Case Management by Design Turning Investigative Workflow into Profit, Precision, and Professionalism

George Gergis, CLI
INSPI Board Chairperson

Thoughtful case management design is quickly becoming a defining competency for serious professional investigators, not just a back-office convenience. When done well, it aligns ethics, business disciplines, and investigative technique into a single coherent process that reliably produces accurate, relevant, objective, and thorough work product.

Why Case Management Design Matters

At its core, a case management system is simply the structured way an investigative practice receives, evaluates, assigns, executes, documents, and closes work.

The **design** of that system determines whether investigations are delivered on time, on budget, and at the quality level clients expect in today's evidentiary environment.

For investigators, case management is where professional practice, business operations, and client service intersect. Administrative policies shape the business process, business process shapes case management, and case management ultimately drives the investigative process in the field.

The Goal: Reliable, Defensible Investigations

Any serious case management design should start with a clear, operational goal: To produce investigations that are accurate, relevant, objective, and thorough, and to do so in a timely manner.

Those qualities are not accidental; they arise from systems that consistently support:

- Deliberate planning of investigative actions before work begins.
- Ongoing supervisory review, adjustment, and documentation throughout the case life cycle.

When a case management system is designed around these pillars, the resulting work product is not only more useful to clients but also more defensible in court, more auditable for billing, and easier to review months or years later.

From Paper Files to Digital Workflows

Historically, case management design in investigative practices was anchored in the paper file. Physical folders, handwritten logs, and manual tickler systems dominated how assignments were tracked, reviewed, and stored.

The shift from paper to digital is more than a technology upgrade; it is a process redesign opportunity. Moving to digital platforms allows investigators to simplify processes, standardize templates, centralize evidence, and improve tracking in ways that were cumbersome or impossible on paper. Simple tools such as Word and Excel can function as a master case control log, but dedicated case management software adds automation, reporting, security, and collaboration capabilities that scale as the practice grows.

In a well-designed digital environment, every matter has a master case control number, is logged in a control system, and is traceable from intake to closure. This improves accountability, supports compliance, and reduces the risk of lost tasks, missed deadlines, or fragmented documentation.

[Continued on Page 9]

Don't forget to mark your
calendars for the 2026 Annual
Training Event to be held in
South Bend on June 25th!

New Members & More

Please welcome our newest members,
joining October through December.

Christopher Bradberry
Bradberry Investigations LLC
Anderson, Indiana

Sandra von Eschenbach
NITA, Inc
Lake Mary, Florida

INspi Pro Academy

Available Now!

DATING APP, SOCIALS, FINANCIAL APPS
E-Chatter
<https://vimeo.com/1076412194/f1f1a77511>

NUANCES OF INDIVIDUAL DUE DILIGENCE
LOCATES, BACKGROUNDS, AND ASSETS &
LIABILITIES
Associates in Forensic Investigations
<https://vimeo.com/1080532369/c79adf7c20>

Would you like to be part of the **“Member Spotlight”** series? Many of you may not be aware of the wide range of skills that are represented by our members. In order for us to learn more about our colleagues, the newsletter has featured INspi members in the last several issues and we would like to add more to our library of “interviews.” If you would like to be a part of this series, please contact Jan Fye, INspi Executive Administrator, at admin@Indiana-investigators.com to discuss this opportunity.

2025 Holiday Dinner December 6, 2025

We were delighted to enjoy drinks, dinner, a “guess the number of jelly beans in the jar” contest, and gift exchange with 24 INspi members and guests. And if our information is correct, the fun continued after our dinner, when some enjoyed more of what Four Winds Casino has to offer. We were having so much fun, we forgot to take a lot of pictures, but here are a few we snapped when the gift exchange was in full play. Hope you can join us this year on Thursday, December 3rd.



How to Identify Unnamed Women in Historical Records

By Rachele' Davis

Editor's Note: PI Education is one of two new EDUCATION sponsors offering support to INspi. Be sure to learn more about their great offer at <https://indianainvestigators.com/EDUCATION>.

Because women's identities have often been intertwined with men's, it can be difficult to find their maiden names, or even their first names. A deeper dive can uncover those personal details.

When I'm searching for birth parents, I often have to reach back in time to unravel complicated mysteries. Part of that unraveling typically includes identifying maiden names, married names, and even first names for women. I've worked cases that have challenged my skills as a private investigator, cases with multiple marriages and a slew of different surnames over the course of a lifetime.

Maiden names can be tricky. So can married names, especially when a woman marries more than one time. But it gets even more challenging the further back in time your research takes you. Some women aren't even referred to in historical records by their first names, let alone their surnames.

Especially prior to the 20th century, females were normally tied to their father's name or perhaps a brother if her father was deceased. When she married, she was then tied to her husband's name. Many records of females identified them as "Mrs. John Smith" or "eldest daughter of Charles Davis." Here's a partial excerpt from a November 25, 1920 marriage announcement in The Albany Capital in Gentry County, Missouri:

Last Sunday evening at 6 o'clock, Dale Wayman and Miss Velma Kingsborough were united in marriage at the home of Rev. J.S. Wayman. They were accompanied by the bride's grandmother, Mrs. John Kingsborough, and her aunt, Miss Eulah Kingsborough. Also by Mr. and Mrs. Arch Logsdon and the groom's brother, Mesheck Wayman and wife.

In this one paragraph alone, two women are referred to by their husbands' names and one is simply referred to as "wife." So how can we uncover the first names and the maiden names of Mrs. John Kingsborough, Mrs. Arch Logsdon, and the wife of Mesheck Wayman? We start digging. And we dig some more until we find the answers. Because that's what private investigators do.

For these women, since I didn't have first, middle, or maiden names to identify them, I started with their husbands and other family members who were named. Piecing together information from additional records at [ancestry.com](https://www.ancestry.com) and [newspapers.com](https://www.newspapers.com), I identified Mrs. John Kingsborough as Mary J. Evans Kingsborough, Mrs. Arch Logsdon as Vernie M. Caster Logsdon, and the wife of Mesheck Wayman as Barbara Heltzel Wayman.

These three women were eventually given their own names via census records, marriage announcements, and obituaries. But there are lots of other publicly available (i.e., free) records that can also be helpful in identifying maiden names, married names, and even completely nameless women.

If you're trying to identify a maiden name for a female, identify her children, then search for their birth records.

For anyone who has researched family records over several generations, you've probably noticed a few family naming patterns. A woman's maiden name can sometimes be the middle name of one of her children. This is even more often the case the further back in time you're looking. But don't discount it for current records either. In fact, my best friend from high school has her mother's maiden name as her middle name.

Most marriage records list the maiden name of the bride as well as her parents' names. Many churches keep marriage records — useful if you can guess where a couple most likely got married. Search for divorce records, too.

How to Identify Unnamed Women in Historical Records (cont.)

By Rachele' Davis

Death records list parents' names. So if your female subject has died, find her death record and identify her probable maiden name through the names of her parents.

Obituaries can be a gold mine of information. Obituaries traditionally list parents, grandparents, aunts, uncles, siblings, and children. Along with surname clues, you might even find city information listed. All of this can be hugely helpful. Pay special attention to a female's brothers' surnames, as this will be her maiden name. A female's burial plot might be near the graves of other family members, so this could also help in identifying her maiden name.

As a general rule, in identifying multiple name changes for females, you can try working backward in her life, beginning with her death or the last known record you've uncovered.

If you have only a first name to work with, try searching for her with the details you do have. Do you have her date of birth, the town where she grew up, or the city where she raised her own family? Do you have the names of any of her relatives? You might just stumble upon her last name.

Finally — and I can't stress this enough — if you're having a difficult time finding out anything about the female you're trying to identify, it will be worth your while to research the people who are associated with her. Search for mentions of her family members in census records, city directories, wills, probate records, birth records, marriage licenses, newspaper articles, and on and on. If you can't quite find your girl, search for those closest to her and you'll likely find her there too, somewhere amongst the clutter.

There are a LOT of records out there, both online and in person. If you run into a brick wall with a female's name, don't assume all is lost. It's not. The answer is there, waiting for you to find it. You just have to know where to look.

About the author:

Rachele' Davis became a licensed private investigator in Missouri and Kansas in 2016, then launched her one-woman agency, [New Hope Investigations](#). She specializes in locating and researching people through social media and open source investigations and has a personal interest in adoption searches. Check out her course on [finding biological parents](#) is available at PI Education.

This article was originally published at [PursuitMag.com](#) and has been reprinted with permission from the author.

Tech Tips from Kim Komando

Excel shortcut: You need to get data into Excel but only have a screenshot. No prob. Open Excel, and under Data, go to From Picture. Choose Picture from File for anything saved to your PC or select Picture from Clipboard for a screenshot.

Wonder if an app is safe? 98% of kids' education apps share data with third-party advertisers. AppMicroscope.org sifted through almost 1,800 of these apps to let you know which ones are good or bad for privacy.

To permanently delete a file on Windows without sending it to the Recycle Bin, hold Shift + Delete. On a Mac, select the file, click File from the menu bar, then hold the Option key. You'll see the option change like magic from "Move to Trash" to Delete Immediately.

NITA: Shaping the Future of Private Investigator Training

How the NITA (National Investigative Training Academy, Inc.) Became the Gold Standard for Online Professional Development

By Sandra von Eschenbach

Editor's Note: NITA is also supporting INspi through a new education opportunity that allows for courses to be taken at a discount. Be sure to check out the **EDUCATION** page on the website and take advantage of their great offer.

In an era where the demand for skilled private investigators and security professionals is soaring, **NITA (National Investigative Training Academy, Inc.)** is making waves as the premier destination for online professional development. Now proudly featured as a new INspi association partner, NITA is redefining how investigative professionals learn, certify, and advance their careers in Indiana.

The NITA Story: From Industry Roots to National Impact

Founded in 2012 by industry veterans Steve Cassell and Sandra von Eschenbach, NITA was born from a vision: to make high-quality investigative training accessible to anyone, anywhere. With over 50 years of combined experience, the founders understood firsthand the challenges professionals face—balancing demanding schedules, navigating state licensing, and keeping up with evolving industry standards. Their answer? A 100% online academy, built for the modern learner and the seasoned investigative veteran.

What started as a response to the needs of a state's investigative community quickly grew into a nationwide movement. NITA has expanded, offering state-approved training in 26 states and supporting thousands of students from all backgrounds, ages 18 to retirement. With over 200+ courses and 1,200+ hours of training, NITA's mission remains clear: deliver practical, rigorous education that meets or exceeds every state requirement—while never losing sight of the personal touch.

A Curriculum Designed for Results

NITA's curriculum is more than just compliant; it's crafted by experts and updated annually to stay ahead of regulatory changes and industry trends. Whether you are seeking pre-licensing training (12–40 hours), continuing education (2–16+ hours), or advanced professional development, NITA has you covered. The academy's standout features include:

- **Professional Development:** Specialized modules in surveillance, social media investigations, security procedures, and more
- **Live Instructor-Led Sessions:** Real-time interaction with seasoned professionals—bringing the classroom experience online
- **Pre-Licensing Training:** State-specific, comprehensive courses to launch investigative careers
- **Continuing Education:** Approved in 26 states, ensuring compliance and career longevity
- **State Exam Preparation Courses:** Offered in 19 states, preparing students to successfully pass the state board exam with hundreds of study questions.

Immediate Certification: Students receive digital certificates upon completion, streamlining the path to licensure. Certificates are stored indefinitely in the student portal, and the student will have access to the repository of learning as needed. Classes are available online with asynchronous learning, meeting the needs of 24/7 learning.

Why Professionals Choose NITA

The secret to NITA's success? Flexibility, expertise, and relentless support. Students enjoy 24/7 access to courses, responsive email and phone support, and a 100% completion rate for pre-licensing and CE courses. The academy's reputation for high pass rates underscores its commitment to real-world outcomes.

Partnering with NITA means giving INspi members: - **Confidence in Compliance:** Every course is state-approved and thoroughly audited - **Convenience:** Online, self-paced, and accessible from any device - **Personalized Support:** Direct access to NITA's team, led by co-founder Sandra von Eschenbach - **Career Advancement:** Immediate certification and a job board for employment opportunities - **Innovation:** A curriculum that evolves with the industry, including live special trainings and timely updates

Discover what sets NITA apart. NITA will empower INspi members, elevate standards, and advance the investigative field.

Learn more at investigativeacademy.com or reach out to info@nitainc.com.

National Investigative Training Academy: Where expertise meets opportunity—online, on your schedule, and always one step ahead.

Member Spotlight—Brett Coppins



Introduction—Tell us a little about you and your company.

My name is **Brett Coppins**, and I am the founder and owner of **Coppins Investigations, Inc.** I have worked in public safety, criminal investigations, and criminology since 1982. After serving with the Elkhart Police Department for 20 years—17 of those as a detective—I founded my private investigation agency in the 1990s and transitioned to running it full-time in 2006. Today, our firm conducts several hundred civil and criminal investigations each year across Indiana and Michigan.

How long have you been a member of INspi?

I have been a member of INspi for two years. I became a member because, as a lifelong trainer and instructor, I respect the organization's professionalism, credibility, and its commitment to advancing the overall quality and competency of private investigators through training in Indiana.

How has INspi been helpful to you?

INspi has provided a strong professional community and meaningful continuing education opportunities. It offers a forum where investigators can exchange ideas, stay informed on legal and industry developments, and reinforce ethical standards and best practices.

What inspired you to become a private investigator?

During my career in law enforcement, I frequently encountered situations where people needed answers but did not fall neatly within the scope or priorities of the criminal justice system. Private investigation allowed me to continue uncovering facts, solving problems, and helping people in meaningful ways beyond those limitations.

What is the most interesting case you have worked on?

One of the most interesting and meaningful cases I worked involved the cold-case homicide of Miriam Rice, who was murdered in 1988, after I was contracted and sworn in by the prosecutor as a volunteer to assist in cold-case homicide investigations. I reopened the case in January 2017 and worked side by side with homicide investigators to re-examine decades-old records, reports, and evidence. During that process, a single overlooked piece of paper ultimately led to the identification and location of two critical witnesses, which proved pivotal in moving the investigation forward. Nearly thirty years after her death, those responsible were ultimately identified and found guilty.

What made this case especially significant was the impact on Miriam's family, who had lived for decades without knowing what happened or why. While solving a case does not bring true closure, it does allow families to close a chapter of uncertainty in their lives. This case was also personally close to home, as my own brother was murdered just six months before Miriam's death, reinforcing the importance of persistence, objectivity, and compassion in cold-case work.

What is the most challenging case you have worked on?

The cold-case homicide of Miriam Rice was also the most challenging case I have worked on. From the time I reopened the case, it took approximately two and a half years of sustained investigative work before the first of two convictions was secured. Re-examining decades-old records, locating witnesses long after the events occurred, and maintaining investigative discipline over an extended period made the case both professionally demanding and deeply meaningful.

What is your favorite part of being a private investigator?

Many cases bring a sense of peace by uncovering the truth. I also have a strong love for business, and private investigation allows me to pursue both of my passions—running a small business and conducting investigations. I especially enjoy creating systems that allow the business to operate efficiently while I focus on the technical and investigative work.

What is your least favorite part of being a private investigator?

Administrative responsibilities and managing unrealistic expectations can be challenging. Many clients come in with perceptions shaped by television, which often requires educating them about how real investigations actually work.

Member Spotlight—Brett Coppins (cont.)

What are some common misconceptions about private investigators?

A common misconception is that investigations are fast-paced and dramatic. In reality, the work is methodical, documentation-heavy, and often time-consuming. Successful investigations are built on preparation, experience, and patience.

How do you stay up to date with the latest techniques and technologies?

I stay current through collaboration with local and federal law enforcement, ongoing communication and knowledge-sharing with other private investigators across the country, as well as working closely with numerous attorneys in Indiana and Michigan. This continual exchange of real-world experience helps ensure that investigative techniques, tools, and approaches remain current and practical.

What advice would you give to someone considering becoming a private investigator?

Treat this as a profession, not a hobby. Focus on ethics, communication, and reliability, and build your work around the core pillars of professionalism: integrity, competence, discretion, trust, and professionalism in conduct. Experience matters, but discipline, trainability, and understanding the business side of investigations are equally important. I believe true satisfaction comes from doing work you genuinely enjoy while also building a sustainable financial future through a well-run business.

What is the most important thing you have learned as you have moved through your career as a private investigator?

Slow down. Careful planning, structured thinking, and patience consistently produce better results than rushing or making assumptions. Just as important is remaining flexible—avoiding stubbornness or rigid thinking—and being willing to reassess and change direction as new information emerges, so conclusions remain driven by facts rather than ego.

What are some of the biggest challenges facing private investigators today?

One of the biggest challenges is that many private investigators do not realize that investigative skills and the skills required to operate a small business are entirely different. As a result, some become discouraged and give up out of frustration, believing they have failed. In reality, they are not failures—they often simply lack education and guidance in how to properly operate and manage a small business.

What else would you like to share?

In closing, for anyone fortunate enough to have been issued a private investigator's license, it is important to recognize the opportunity it represents. Too often, the license is viewed only as permission to conduct investigations—background checks, surveillance, interviews, internal theft cases, and similar work—without realizing that it also provides one of the most powerful small-business opportunities available. Many individuals give up that opportunity in favor of working for a government agency or another firm, trading independence for a heavily taxed paycheck and a predictable routine. What is often overlooked is the potential sitting right in front of them—the ability to build, own, and grow a small business that offers both professional fulfillment and long-term independence.

Tech Tips from Kim Komando

Add a signature in Gmail: Go to Settings > See all settings > General > Signature. Click Create new, give it a name and type in details like your contact info and job title. You can also insert an image of your real signature. Then choose whether it appears on new emails, replies or both. Scroll down and hit Save Changes

3-second tech genius: On Windows, you can hide your desktop icons for privacy. Just right-click the desktop, go to View and uncheck Show desktop icons. On Mac, click Finder > Settings > General, and uncheck what you don't want on the desktop.

Member Spotlight—Casey Major

Editor's Note: *When putting the current issue of INspi News together, we reached out to Casey Major, one of the founding members of INspi, to share his "story" with us. Casey took a tremendous amount of time to help us learn a bit more about INspi's early days while also giving us quite a peek into Casey's career. Due to the length of this "interview," it has been sent as an additional attachment, rather than trying to lose something in the copy and pasting it into our newsletter. Please take the time to get to know Casey in his own words. There is much to learn.*

Here are the first couple of paragraphs to get you started:

My full name is Casey Joseph Major, Case Services, Inc. Primarily serving Northern Indiana, found in 1981. My business plan was investigations for attorneys-litigation support and discovering secrets of the past. In 2008 the economies of health Insurance between my partner (wife) and myself one of us needed a job with benefits. I found a fulltime position with The University of Notre Dame Police Department. Using my knowledge of Crime scene investigations and reputation. I am now retired and was successful in selling my business in 2009. I fully retired in 2014 from the University on disability.

Marketing is one of the legs that supports a chair and is a key for a new business. After submitting my application for a license for a Private Detective License. I completed and opened a sub chapter S Corporation for a professional appearance and TAXES. (not a hobby). I attended a meeting Indiana Private Detectives it was not a professional meeting and the group had a good old boy attitude of war stories and guns. I met Don Johnson who was at the meeting we talked and our ideas of a State Organization was not IPD. We agreed to talk and; he knew Gene Plumer who was not impressed with current set-up. We agreed to attend the next Licensing meeting and then Lunch. That day was the start of a flame that grew into what IN-SPI is today. Continuing down the same vein I learned that marketing is the key for a new business. Marketing is NOT just mailing flyers. It is getting by the gate keeper at Corporations and Law Firms.

Tech Tips from Kim Komando

Use two apps at once on Android: It's the easiest way to multitask. Open Recent apps, tap the app icon at the top of the first one, and select Open in split screen view. A menu will pop up to pick your second app. Drag the slider in the middle to resize them.

Go incognito with ChatGPT: Have a weird question you'd rather keep private? Click the speech bubble icon in the top right and select Turn on temporary chat. The prompt box will go dark, meaning nothing you type is saved to your history or the bot's memory. Don't forget, once you close it, it's gone for good.

3-second tech genius: If an email or article feels too long, let AI do the skimming. Copy the text, paste it into your favorite AI chatbot, and prompt, "Summarize this into three sentences that get straight to the point." If it's still unclear, tell it to try again. Comes in clutch when your brain's running on fumes.

Forgot to paste? I've lost text and images more times than I can count. That's why I keep Windows Clipboard History turned on, so I can recover recent copies. To enable it, go to Settings > System > Clipboard, and toggle on Clipboard history. If something disappears, hit Windows key + V, and it'll still be there.

3-second tech genius: To find a specific moment in a YouTube video, click Show Transcript in the description. Then press Ctrl + F (Windows) or Cmd + F (Mac) and search for the word or phrase you want. The transcript highlights the exact spot, so you can jump straight to it.

Case Management by Design (cont.)

[Continued from Page 1]

Standards, Ethics, and Business Disciplines

Case management design is inseparable from professional standards. Effective systems intentionally embed three critical standard categories into everyday workflow:

- Ethical standards: Preserving integrity in dealings with clients, witnesses, the public, and other professionals.
- General standards: Ensuring qualified personnel, due professional care, thoroughness, timeliness, and accurate documentation.
- Quality standards: Planning, executing, reporting, and managing investigative information in a consistent, organized manner.

Core beliefs, such as integrity, quality, reliability, and service—should be visible in how the system handles conflicts of interest, records communications, documents evidence handling, and enforces follow-up.

Well-designed case management also forces clarity about business disciplines: which data are tracked, how profitability is monitored, and which metrics matter for this specific practice. In that sense, case management design is as much a business planning exercise as it is a technical configuration exercise.

Process, Productivity, and Efficiency

A robust system begins with a disciplined intake process: each request is reviewed, then accepted, rejected, or referred, with timely communication back to the requestor and clear engagement documentation when accepted.

Once opened, the casefile becomes the operational hub for planning investigative actions, assigning investigators, recording supervisory reviews, updating the client as planned, and organizing exit communication and final reports.

This process orientation directly supports both productivity and efficiency. Productivity is the amount of work completed in a given period, while efficiency reflects how well resources are optimized to achieve that work. An efficient process naturally drives higher productivity by reducing rework, duplicate effort, and confusion.

A thoughtful case management design will therefore include tools to measure productivity, tools to increase efficiency, and tools to transfer knowledge—such as templates, checklists, and standardized forms that capture best practices.

Technology, Tracking, and the Investigator's Toolbox

The toolbox available to today's investigator is broad: from basic office tools (Word, Excel) to advanced investigation case management platforms and secure file-sharing options. Each firm should design a combination of tools that fits its size, caseload, client base, and risk profile, always anchored in the master case control number and log, which ties all work back to a single, traceable record.

At the same time, there are pitfalls in searching for the “perfect” case management tool. Investigators can easily fall into the trap of assuming they are doing something wrong simply because a product does not fit their workflow out of the box. The more productive approach is to first define the practice's needs and processes, then evaluate tools that can be configured to support those requirements rather than forcing the business to conform to specific software.

Ultimately, effective case management design is about aligning professional standards, business realities, and technological tools into a system that works for your specific investigative practice. By starting, continuing, and refining that design, an investigator adds value each step of the way and builds a practice that is not only profitable, but also disciplined, defensible, and truly professional, which is expected by firms selling investigative services commercially.

Professional investigators seeking to enhance their skills, expand their professional network, and stay informed about industry's best practices are encouraged to explore membership with INspi.

Members of INspi have continuous access to a variety of educational resources and materials.

I personally invite you to join INspi and invite you to review and learn from our newly formed INspi Pro Academy. The INspi Pro Academy is one of the great benefits offered by INspi. Explore even more at www.indianainvestigators.com

8 Ways to Get Things Done (As Shared on LinkedIn)

8 WAYS TO GET THINGS DONE (Even When You've Lost Motivation)

By Benjamin Bargetzi

1. Break Tasks Into Tiny Steps



Your brain finds small tasks less overwhelming. Break your work into pieces that take 5-10 mins to complete.



2. Visualize the End Result

Your brain is motivated by clear outcomes. Close your eyes and picture the task completed. It helps trigger the brain's reward system.

3. Change Your Environment

A shift in your surroundings can reset your mind. Work in a different room or go for a short walk to get fresh energy.



4. Focus on Just Starting

Psychologically, starting a task is the hardest part. Tell yourself to just start for 5 mins. Often, you'll keep going once you begin.



5. Use Visual Reminders

Seeing progress triggers dopamine, the brain's reward chemical. Use a checklist or progress bar to visually track small wins.



6. Reward Yourself After Small Wins

Your brain is wired to seek rewards. After finishing a small task, treat yourself to something enjoyable to reinforce progress.



8. Reframe Your Thinking

Instead of thinking "I have to," switch to "I get to." This small mental shift turns tasks into opportunities, making them feel less like chores.



7. Try the 5-4-3-2-1 Technique

(h/t Mel Robbins)

Count down from 5 and then immediately take action. This quick countdown breaks the brain's hesitation cycle and pushes you to move.



Follow **Benjamin Bargetzi** for Neuroscience of Growth

Europe Top 30 Keynote Speaker

Thank You to All Sponsors and Supporters!

