

THE WORD IS ACTION

Workbook

CONTENT

0 1 FUNDAMENTALS

1. Introduction: Without masks
2. The lampshade (Assembly technique)

0 2 EXERCISES

3. The decisions of the present (Popper's view)
4. Systemic boundary drawing
5. The simulation mirror exercise

0 3 INTEGRATION

6. A new contract with yourself
7. How can you take it to the next level?

PART 01

Fundamentals



Thank you

I am János Perjés, the founder of James Coaching, an internationally accredited EMCC coach, actor and author.

Throughout my career, I have realized that mere theoretical knowledge alone rarely brings lasting change in our lives. A real breakthrough requires practical experience of situations and experiential learning.

My professional approach is determined by Péter Popper's deep knowledge of the soul, Imre Montágh's legacy of speech technology, and the systems approach acquired through working with Dr. Mária Angster.

This workbook doesn't teach theories, it encourages you to take action. My goal is to help you take off the suffocating masks and confidently and freely control your destiny with the help of the exercises.

Best regards ,

www.james-coaching.hu
info@james-coaching.hu

John Perjés

Step 01: Stop stage fright

Stage fright, a cracking voice, or a sudden tremor in your body before an important meeting is not a sign of a lack of talent. It's your body's natural stress response. The good news is that you can control your body and consciously calm your heart rate with the right technique.

THE EXERCISE (3 minutes):

1. Sit completely straight, with your shoulders down.
2. Breathe in deeply through your nose into your belly for 4 seconds. Hold for 4 seconds.
3. Blow out through your mouth slowly, as if blowing out a candle, for 6 extended seconds.
4. Repeat the cycle five times in a row.



SELF-KNOWLEDGE REFLECTION:

PART 02

Exercises

Step 02: Present decisions

Peter Popper often reminded us:

"Our task is not to change the past, but to learn to make different choices in the present for the benefit of our future."



SELF-KNOWLEDGEMENT WORK:

Think about a current work or personal situation, a conversation that you've been putting off for days. What's the worst-case scenario in your mind that could happen if you engage in this conversation?

Step 03: Systemic boundary drawing

Setting boundaries is not aggression, but self-defense. If you say yes to everyone, you say no to yourself – and that is a direct path to burnout. If you change your position in the system, your entire environment will react to it.

THE OLD ROAD

I immediately say yes to every request because I'm afraid of conflict.

I sulk in the background, thinking about what I should have said.

I overwork myself, which leads to constant stress and burnout.

VS

THE NEW WAY

"I understand that this is urgent for you right now, but due to my current priorities, I cannot take this on."

"Your request is important to me, but I can't deal with it until Tuesday next week at the earliest."

Without guilt, I draw clear and firm boundaries to protect myself.

Step 04: The simulation mirror exercise

(The James Coaching Method)

Real progress is made in physical action. It's not enough to know the rules in your head: you have to turn the words, tone, and body language into real muscle memory.

THE TASK:

Stand in front of a mirror. Imagine the person (boss, partner, or colleague) with whom you are having your long-awaited conversation. Look deeply into your own eyes in the mirror, straighten yourself, and say the following sentence out loud, in a firm, full tone:

"I would like to discuss the division of tasks and responsibilities, because my current workload is not sustainable in the long term. Let's find a solution together that works for both of us."

PART 03

Integration

A new contract with yourself

Who avoids burnout and has inner freedom

Maintaining this requires daily awareness. It is not enough to see our mistakes clearly once: we must maintain our new, assertive way of operating in our everyday lives.



YOUR VOW

What is the ONE thing you will do differently in your communication or boundary setting from today for the sake of your own inner peace?



🚀 How can you take it to the next level?

Paper can handle anything. However, the real breakthrough always happens in live interaction, where the other party reacts unexpectedly and there is no way to stop the tape.

If you want to have these difficult conversations and leadership presence with me, it's safe and completely discreet. to practice in a live environment , I look forward to welcoming you for an individual process in downtown Budapest, at the James Coaching Studio or online.

Let's start with a no-obligation, FREE 20-minute online consultation, where we'll discuss your specific problem!

👉 [\[CLICK HERE AND REQUEST A FREE CONSULTATION! \]](#)



Read my book "Living Freely" for the full methodology!



 Take it to the ultimate level:
Theatric Coaching Method® Online Masterclass

Go beyond the paper.
Master the "Director's Chair" technique and turn your voice, body, and boundary setting into unshakeable muscle memory through 15 high-definition studio simulation videos (with professional English subtitles)

 <https://www.james-coaching.hu/theatric-coaching-method/>

Thank-you!

Thank you for being with me on this journey!

"Inner freedom is not a destination to be reached, but a journey"
"It's an everyday decision. Take off your masks, draw your boundaries without guilt, and finally dare to live freely, as you are."



Contact:

www.james-coaching.hu

info@james-coaching.hu

1066 Budapest, Dessewffy Street
13.