

# UNLOCK YOUR POTENTIAL: UNDERSTANDING AND OVERCOMING HEADTRASH

*Do you ever find yourself pushing hard but not making the progress you want?  
Are you an executive or leader who sometimes feels stuck despite your best efforts?*

The culprit may not be external factors but rather internal obstacles known as “HeadTrash”

## WHAT IS HEADTRASH?

HeadTrash encompasses thought patterns and emotional tendencies that block your ability to effectively tackle business challenges. It manifests as a collection of self-defeating feelings and thoughts that not only hinder personal progress but also have the potential to impact your team or company negatively.

**Executives often get stuck because they’re unwittingly working against themselves, sabotaging their best efforts with problematic thoughts and emotions.**

## THE IMPACT OF HEADTRASH ON YOUR BUSINESS

Numerous manifestations of HeadTrash can occur within your business, impairing decision-making processes and hindering growth potential. These include:

- ❖ **ANALYSIS PARALYSIS:** Fear of making the wrong decision prolongs the process, causing missed opportunities and frustration
- ❖ **INCONSISTENT DECISION-MAKING:** Conflicting visions among leadership perpetuates a cycle of blame and obstruction of process
- ❖ **OPERATIONAL DELAYS:** Insecurity among team members leads to reluctance in action, resulting in consistent slowdowns and a sense of incompetence
- ❖ **FEAR-BASED DECISION MAKING:** The fear of failure stifles innovation and growth, creating a rigid and stagnant environment
- ❖ **INSTABILITY & ANGER:** Anger among employees fuels a sense of instability and chaos, hindering productivity and morale.
- ❖ **PARANOIA & LACK OF DIRECTION:** Paranoia exacerbates feelings of suspicion and distrust, fostering a toxic work environment.





## HOW CANDOR HELPS LEADERS OVERCOME HEADTRASH

At CANDOR Consulting, we specialize in helping executives and leaders overcome HeadTrash and unlock their full potential. Using our diagnostic tool called the HeadTrash Index, we conduct a comprehensive assessment of your individual and team dynamics to uncover the specific HeadTrash patterns that may be holding you and your team back from reaching your goals.

**Through collaborative exploration and targeted solutions, CANDOR works with your team to identify and address these barriers, creating a culture of growth and resilience.**


## IDENTIFY YOUR HEADTRASH TODAY

Discover and confront the internal obstacles hindering your progress by scheduling a complimentary consultation with CANDOR Consulting. Gain clarity on your "HeadTrash" – the mental clutter holding you back – and unlock actionable strategies for professional growth and success.

**Take the first step towards overcoming barriers and reaching your full potential. Schedule your consultation today.**



**Tish Squillaro**  
CEO & FOUNDER

 610-613-4864

 [CANDOR-consulting.com](https://www.candor-consulting.com)

 [linkedin.com/in/tishsquillaro](https://www.linkedin.com/in/tishsquillaro)

## ABOUT CANDOR MANAGEMENT CONSULTING

-  **20+ years** of experience in Strategic Talent Management, Organizational Dynamics, Team Effectiveness, and Business Mediation for high-growth organizations
-  **Track record** of providing proven, data-driven frameworks for organizations ranging from startups to global enterprises, including Salesforce, IBM, and Microsoft
-  **Uncovers root causes** of business challenges, providing results-oriented solutions for CEOs, board members, and stakeholders that drive action and change
-  **Expert** in organizational design strategy, acquisition planning and integration, multicultural organizational dynamics, and behavioral economics