

# The Inside-Out Approach to Business Growth



Bangkok, Thailand – Recently BNOW.org, a networking community, hosted a workshop “The Inside-Out Approach to Business Growth” with Nikon Gormley, a high-performance coach, public speaker, and taekwondo enthusiast. With over 10 years’ experience, Nikon has worked with the likes of CEOs, Thai Olympian and Miss Universe contestant to help them overcome personal and professional hurdles, as well as create help them create better results with less stress and less pressure. At the workshop, he shared with the audience how to create exponential business results with less stress and less pressure by using the inside - out approach.

The workshop started by getting a feel from the audience. Nikon lead all to reflect on themselves by using deep questions. The questions are designed to reveal the audience’s perspective on their internal and external world and how to put things into perspective to understand themselves and the business better.

“Business is an inside game. Thinking about your achievements and yourself helps your business to impact people at a higher level. The better you know yourself, the better you can put things into perspective. The same applies when you create a business and it has an impact on how genuine your business is to others.” Nikon elaborates that everyone can elevate their business through improved self-understanding.

Pacharee Pantoomano, the founder of BNOW.org shared, “We are grateful for Nikon for leading this experiential workshop. Many attendees, including myself who did the exercises were amazed by his insights. It made us reflect on how we can improve by internalizing the questions and allow the answers to come from within.”

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