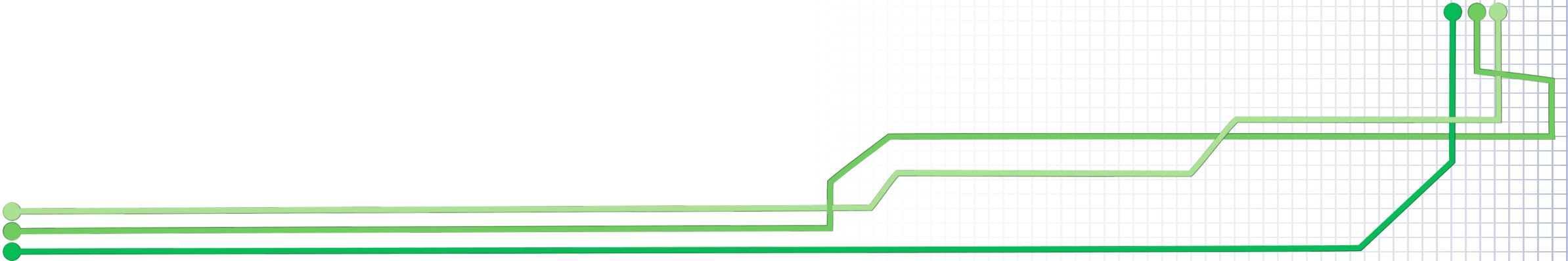


# THE RICKTER SCALE

OWN YOUR FUTURE

Empowering Individuals to realize their potential by  
identifying with Well-Being in a new way.

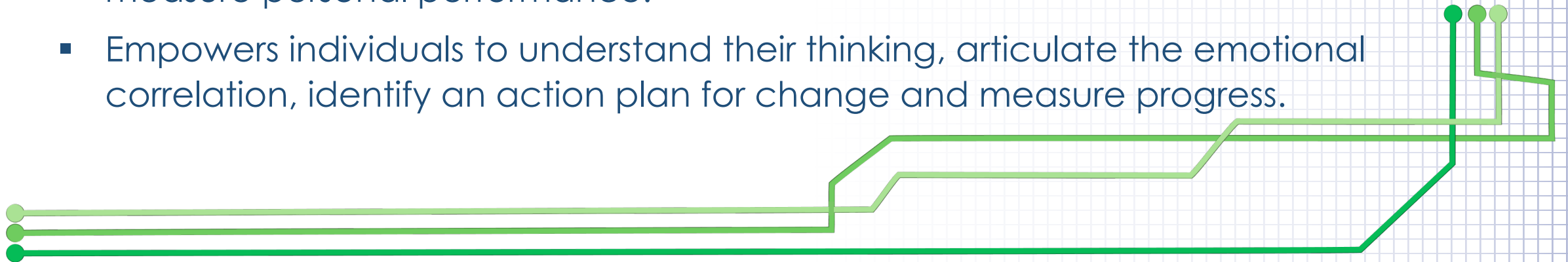
## Overview



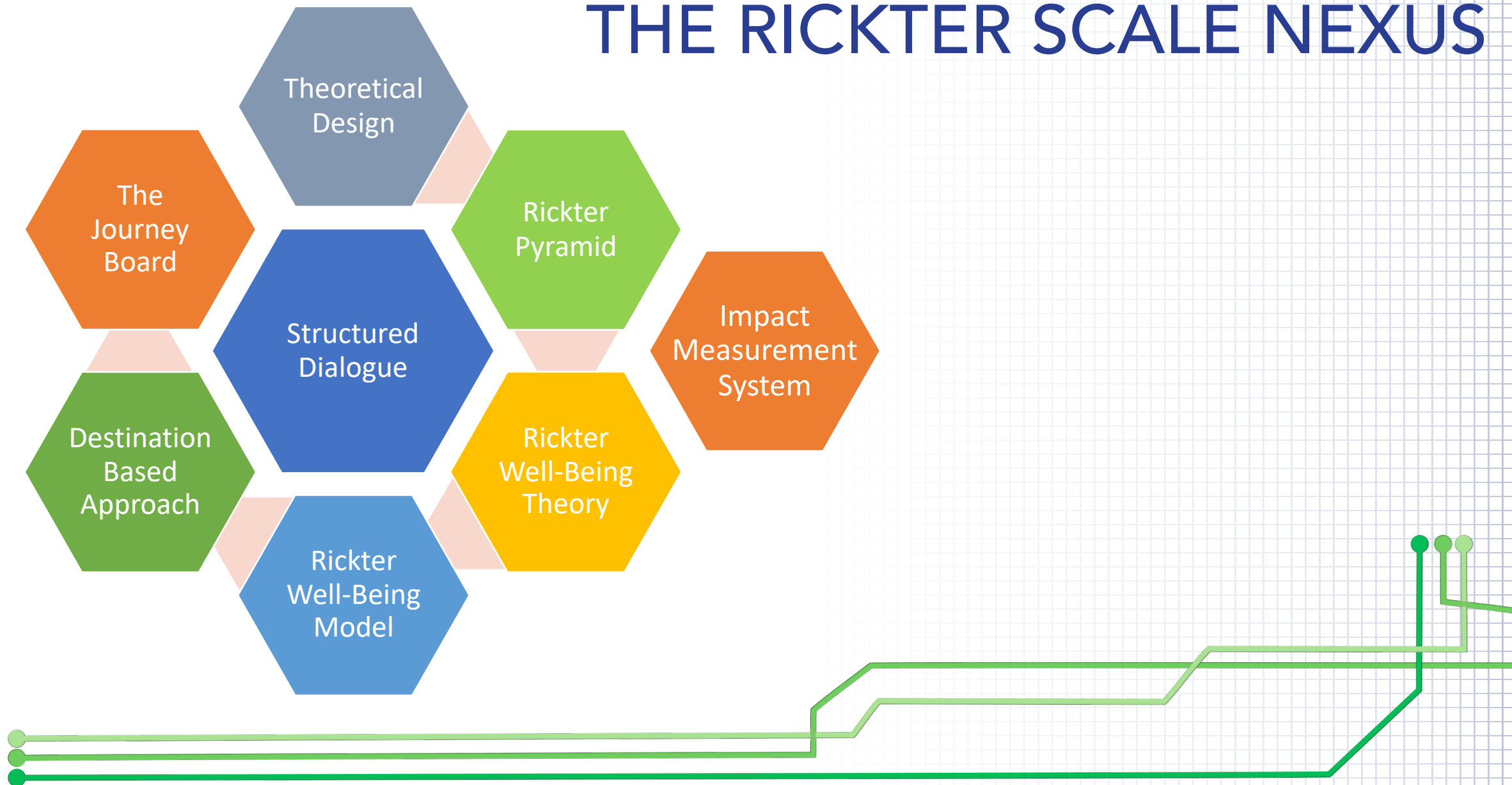
# THE RICKTER SCALE METHOD

The Richter Scale is a mechanism for measuring movement in the earth, whereas... The Rickter Scale is a mechanism for measuring movement in people.

- One-on-One engagement offers a highly-personalized approach.
- Creates alignment between thoughts, feelings, emotions, behavior and language (The Core Dimensions), enabling an individual to experience Well-Being in a new way.
- Enables a strong sense of agency by increasing awareness, knowledge and control over one's situation - Conscious Ascendency.
- Uses structured conversation to map Well-Being and calibrate, monitor, and measure personal performance.
- Empowers individuals to understand their thinking, articulate the emotional correlation, identify an action plan for change and measure progress.

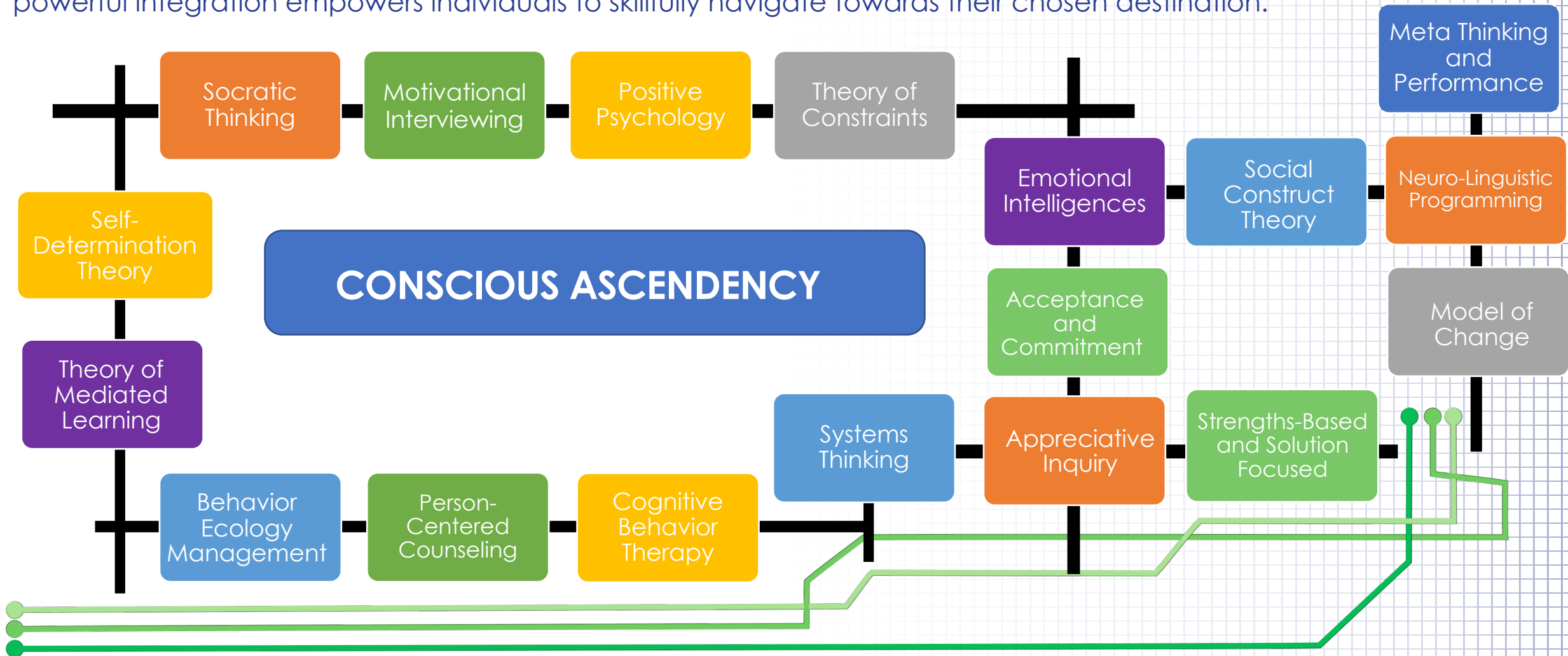


# THE RICKTER SCALE NEXUS



# THEORETICAL DESIGN

The Rickter Scale Method is built upon the principles of Conscious Ascendancy, our unique and proprietary model that draws from a diverse range of evidence-based theories and practices. This powerful integration empowers individuals to skillfully navigate towards their chosen destination.



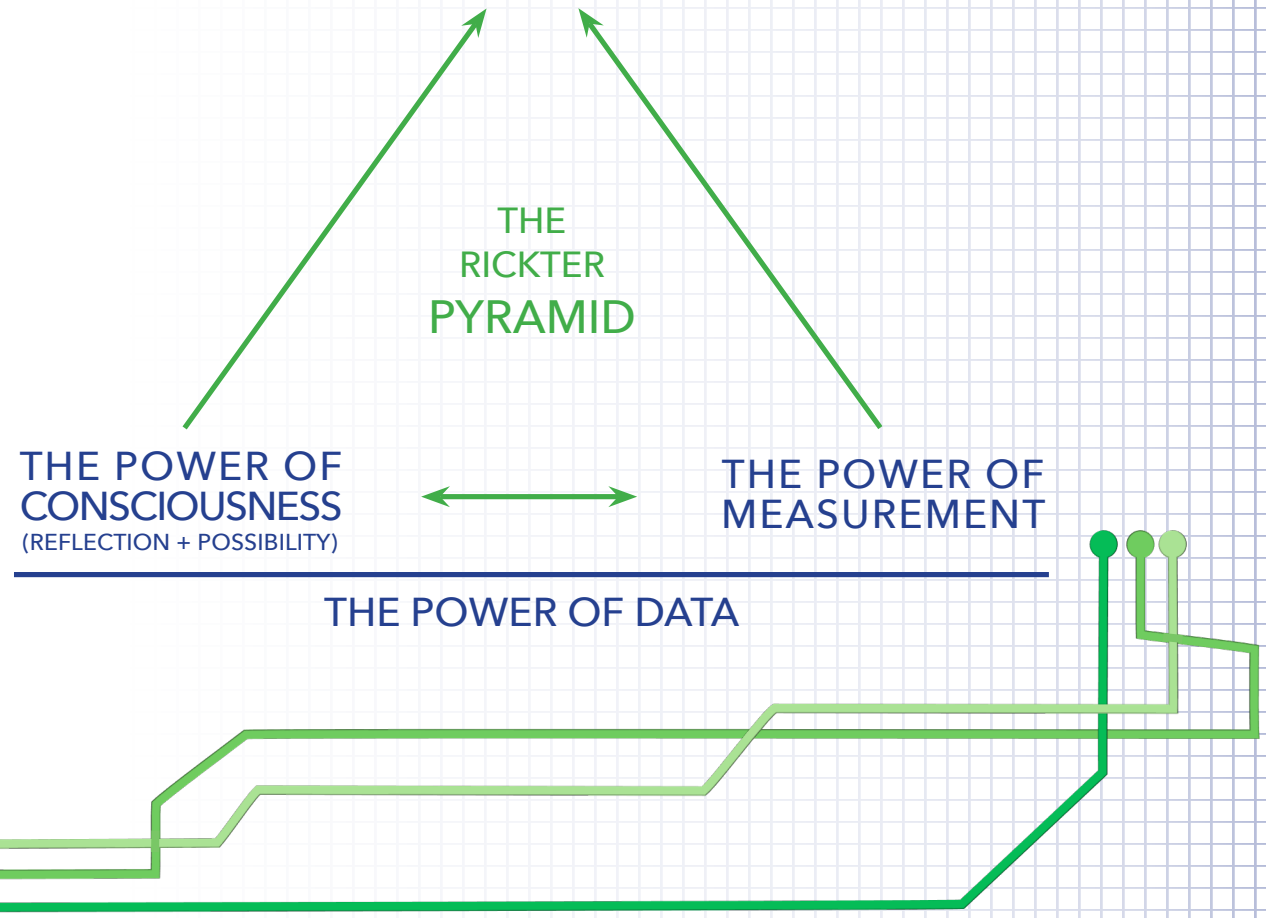
# THE RICKTER PYRAMID

By unlocking *The Power of Consciousness* and *The Power of Measurement*, an individual can experience improved Well-Being and realize their potential.

*The Power of Data* allows Well-Being Navigators, Program Managers and Organizations to understand and demonstrate the effectiveness and impact of their efforts to stakeholders, both internal and external.

Conscious Ascendancy takes place when an individual is empowered to own their future.

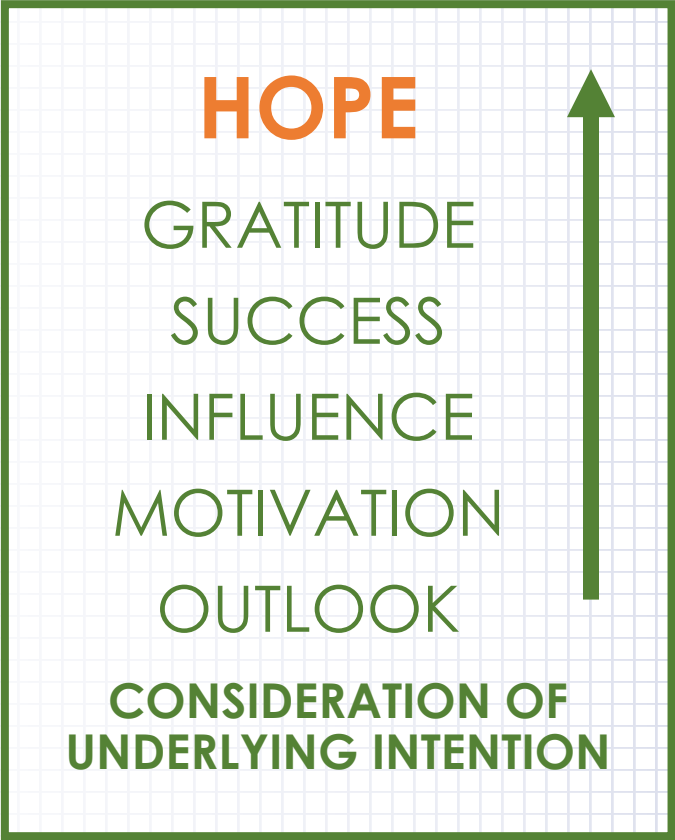
OWN YOUR FUTURE



# RICKTER WELL-BEING MODEL

## WORDS OF WELL-BEING

Internal Factors	External Factors
Inner Connectedness	Outer Connectedness
Value	Living Space
Emotion	Education and Training
Language and Thought Process	Employment
Control	Relationships
Resilience	Physical Health
Kindness	Behavior
Vitality	Financial Resources
Balance	Mental Health
Harmony	Community



FLOURISH, THRIVE AND HAPPINESS REPRESENTATION LINE

# DESTINATION BASED APPROACH - MAPPING

Connecting where you are now to where you want to be:

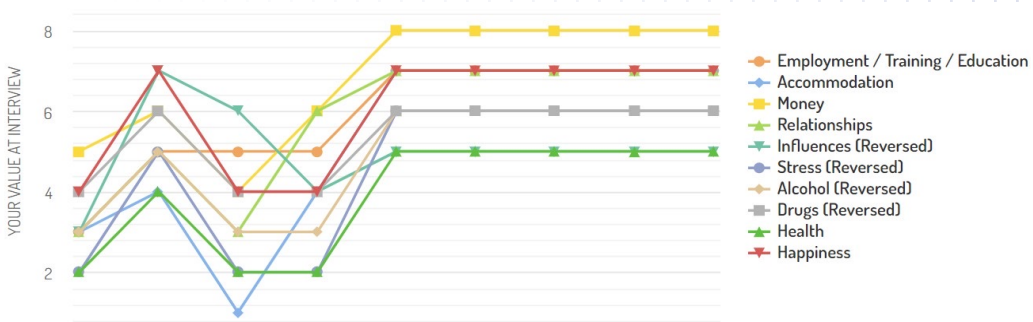
- Serves as the measurement mechanism enabling the individual to gain a deeper understanding of their present and future mind state towards reaching their chosen destination.
- Enables the individual to identify areas that need attention and growth, as well as acknowledge the strengths and resources to leverage fear of criticism or scrutiny or being defined by others.
- Examines metacognitive and behavioral patterns, allowing the individual to gain insight into their internal and external landscapes, paving the way for conscious choice and intentional action.



# IMPACT MEASUREMENT SYSTEM

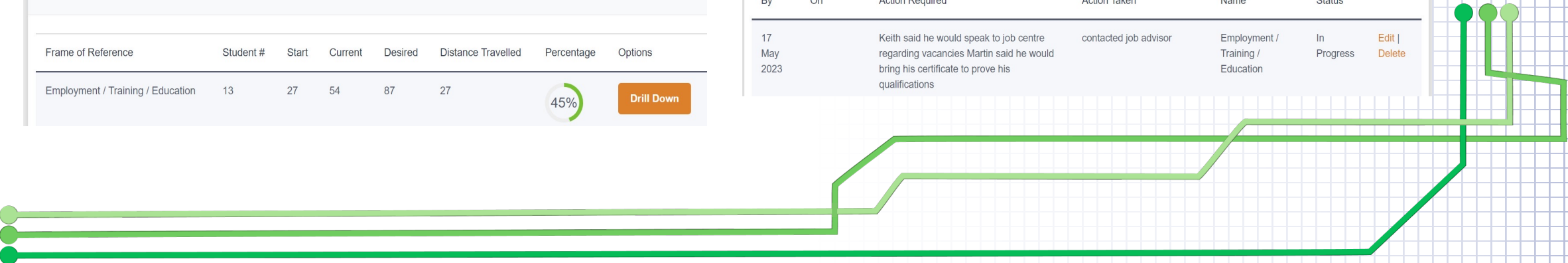
The Impact Measurement System captures data, analyzes performance, assigns evidence against criteria, and produces personal and programme reports. It provides a centralized resource for generating online records of complex data.

Distance Travelled					
Name	Baseline	Current	Desired	Distance Travelled	%
Employment / Training / Education	3	5	7	2	50%
Accommodation	3	4	9	1	16%



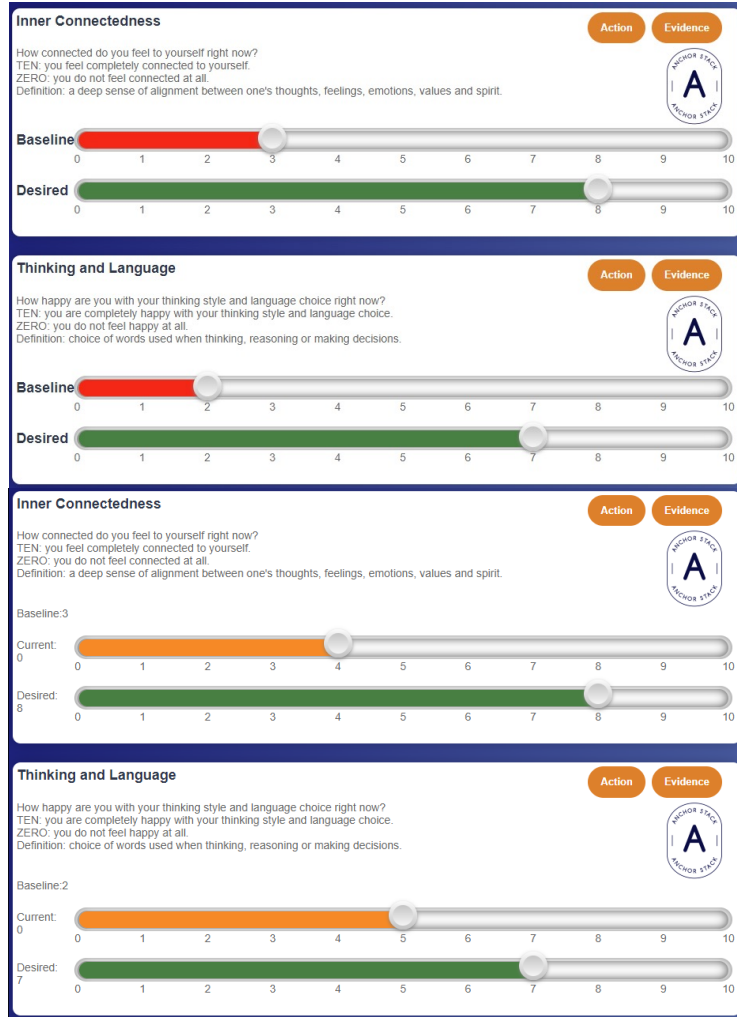
Distance Travelled in Single Frame of Reference							
Details							
Frame of Reference	Student #	Start	Current	Desired	Distance Travelled	Percentage	Options
Employment / Training / Education	13	27	54	87	27	45%	Drill Down

LIF002 - Lifeboard					
Due By	Completed On	Action Required	Action Taken	Name	Status
17 May 2023		Keith said he would speak to job centre regarding vacancies Martin said he would bring his certificate to prove his qualifications	contacted job advisor	Employment / Training / Education	In Progress



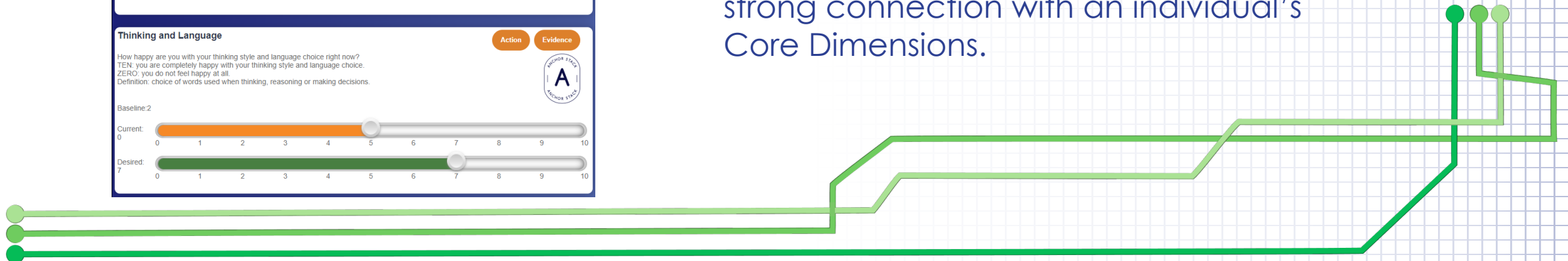


# THE JOURNEY BOARD



The Journey Board 2.0 is at the heart of The Rickter Scale Method. Central to the board's design are three unique features:

- Dual track measurement for establishing baseline, current and desired locations.
- Action and Evidence Recording Mechanisms.
- Anchor Resource Stack for bridging a strong connection with an individual's Core Dimensions.



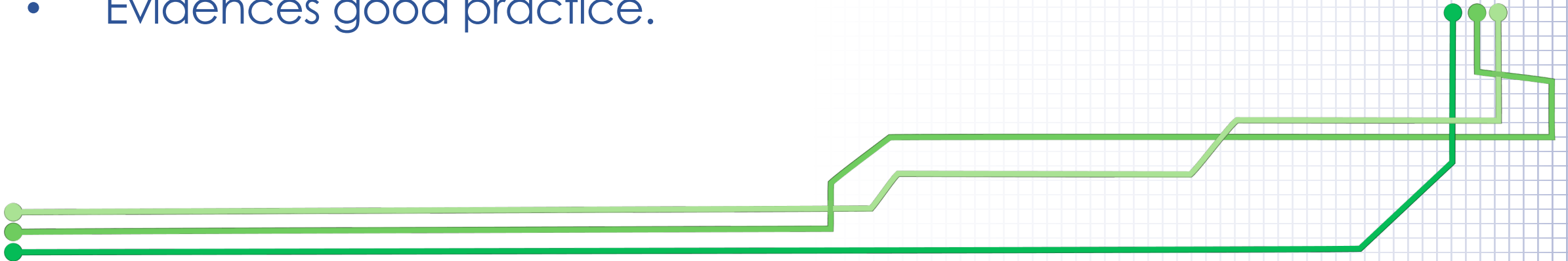
# BENEFITS TO THE INDIVIDUAL

- Easy to use and understand.
- Avoids communication barriers.
- Enables the individual to explore possibility.
- Builds on what works best for the individual.
- Non-judgemental and non-intrusive.
- Gives positive feedback about progress made.
- Individual sees the 'big picture' and makes connections.
- Creates greater self-awareness and builds motivation.
- Helps identify appropriate specialist support.



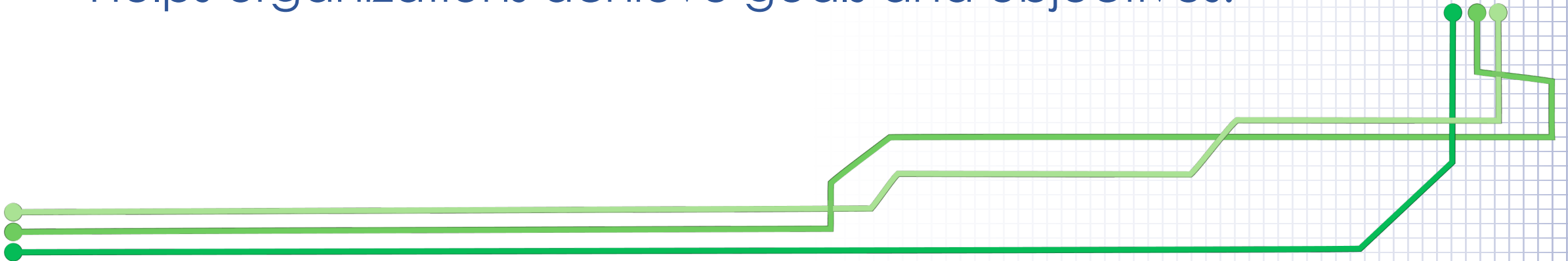
# BENEFITS TO THE NAVIGATOR

- Easy to administer.
- Instantly engages the individual.
- Ensures structured dialogue in a 'safe' context.
- Non-threatening and non-judgemental.
- Provides a structured means of working.
- Helps to overcome communication barriers.
- Produces quality mapping information for action planning.
- Evidences good practice.



# BENEFITS TO THE ORGANIZATION

- Provides quantitative and qualitative data regarding progress, outcomes and impact.
- Offers standardization, validity and reliability.
- Effective service evidence to stakeholders and funders.
- Adapts to different client groups and organizational needs.
- Promotes cross-agency collaboration.
- Helps organizations achieve goals and objectives.



# CONTACT INFORMATION

Martin Timoney

[Martin@RickterScale.world](mailto:Martin@RickterScale.world)

+44 (0)1698 682 701 (O)

+44 (0)7464 420 384 (M)

THE RICKTER SCALE  
OWN YOUR FUTURE

Peter Benkendorf

[Peter@DaytonCollaboratory.org](mailto:Peter@DaytonCollaboratory.org)

937.732.5123 (O)

847.287.6702 (M)

the  
collaboratory  
unleashing dayton's potential

COMMUNITY  
OF WELL-BEING  
POWERED BY THE COLLABORATORY  
PROPELLED BY THE COMMUNITY

