



The REACH™-Aligned Dissertation Snapshot

A Practical Tool for Clarifying Your Path Forward

A guided reflection designed to help doctoral students identify alignment gaps, clarify next steps, and build momentum toward dissertation completion—grounded in Brava Centauri's REACH™ Framework for people-centered renewal.

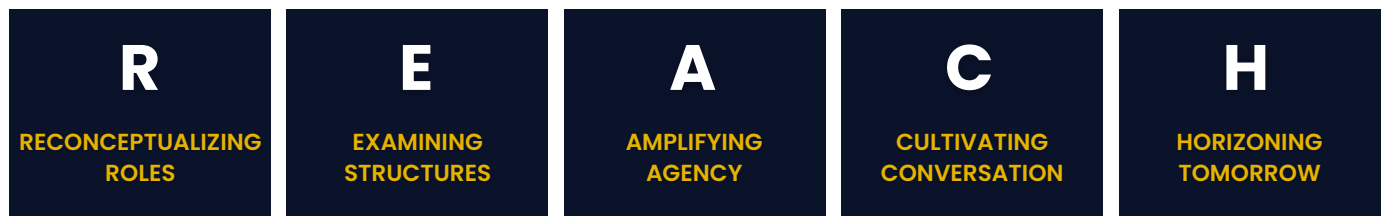
DESIGNED FOR

Doctoral Students at Any Stage of the Dissertation Process

The REACH™–Aligned Dissertation Snapshot

A Reflection for Building Clarity and Momentum

The dissertation process is an unquestionably unique academic exercise – layered, demanding, and often difficult to navigate. Clarity often begins by stepping back and examining your study, and your role in it, with fresh eyes. This Snapshot draws on Brava Centauri’s *REACH™ Framework for Organizational Renewal* – applied here to the doctoral research process – to guide you in a focused reflection aimed at helping you gain that clarity.



Created by Brava Centauri founder and principal consultant Dr. Anna Hart, the REACH™ Framework is a theoretically grounded, collaborative approach to people-centered change. It encourages individuals and organizations to look beyond the immediate task and consider the roles, structure, agency, conversations, and future orientation that shape meaningful progress. **In this Snapshot, those same five components have been adapted to help you examine both your study and your experience of completing it.**

	Original REACH™ Framework Components	Application to the Doctoral Research Process
R	Identifying roles and power dynamics within the organization and developing strategies to align current positioning with ideal functioning	Reconsidering how roles, responsibilities, and relationships shape the way the dissertation process is understood, navigated, and carried forward
E	Mapping organizational structures, understanding their interconnectedness, and assessing how they support or hinder motivation, effectiveness, and success	Looking closely at the systems, processes, and structures within the dissertation process, how they connect to one another, and how they affect persistence toward completion
A	Recognizing where individual and collective agency exist, identifying misalignments with structural systems, and designing steps to expand meaningful contribution	Strengthening students’ capacity to recognize what they can advance independently, and the additional knowledge, skill, or support they need to move forward with confidence
C	Analyzing organizational dialogue, understanding the current ‘story,’ and co-creating a preferred story that fosters shared understanding, collaboration, and change	Creating purposeful dialogue with chairs, committee members, peers, and other supporters that build shared understanding, surface uncertainty, and support better decision-making
H	Reflecting on learning, evaluating alignment with mission and vision, and identifying key focus areas and actionable steps to guide future growth	Looking beyond the immediate challenges of the dissertation process toward the future being created through the work and how that learning will be carried forward beyond graduation

What This Snapshot Can Do

Doctoral students don’t lose momentum because they lack effort or ability. Instead, progress can slow when important connections remain unclear, expectations feel uncertain, confidence declines, or necessary conversations are delayed. Identifying what needs attention can be a first step toward moving forward with greater purpose and direction.

... and What It Can’t

This Snapshot is a reflective tool, not an evaluation of the methodological quality, empirical basis, or overall viability of your study. It is intended to complement the guidance of your dissertation committee chair or members, along with the requirements, resources, or guidance provided by your institution.

Name

Program/Degree

1

Your Study at a Glance

Write 2-3 sentences per prompt. Complete this section in plain language – focus on capturing your thinking rather than sounding polished or getting every word just right.

1. My general topic is:

2. The specific problem I'm addressing is:

3. The purpose of my study is:

4. My primary research question(s) is/are:

5. I plan to answer my research question(s) by:

2 Dissertation Alignment Self-Check

For each pair, select the response that best reflects your current ability to explain how the two components connect within your own study. Respond honestly—this is a reflection on your current understanding, not a determination that the connection has been applied correctly or fully.

	I Can Clearly Explain the Connection	I Can Partly Explain the Connection, but I Have Questions	I'm Not Yet Able to Explain the Connection
Literature ↔ Problem <i>Can you explain how the literature establishes the research problem and the need for further study?</i>	☐	☐	☐
Problem ↔ Purpose <i>Can you explain how the purpose of your study responds to the research problem you identified?</i>	☐	☐	☐
Purpose ↔ Research Question(s) <i>Can you explain how each research question contributes to the purpose of the study?</i>	☐	☐	☐
Research Question(s) ↔ Methodology <i>Can you explain why your proposed methodology is an appropriate way to answer your research questions?</i>	☐	☐	☐
Population ↔ Purpose <i>Can you explain why your target population is an appropriate source of data for accomplishing the purpose of your study?</i>	☐	☐	☐
Data Collection ↔ Methodology <i>Can you explain how your planned methods of data collection fit your chosen methodology?</i>	☐	☐	☐
Framework ↔ Analysis <i>Can you explain how your theoretical or conceptual framework will inform the way you analyze or interpret your data?</i>	☐	☐	☐
Analysis ↔ Collected Data <i>Can you explain how your proposed method(s) of data analysis will help you make sense of the data you collect?</i>	☐	☐	☐
Scope ↔ Feasibility <i>Can you explain why your study is manageable within the time, access, and resources available to you?</i>	☐	☐	☐
Significance ↔ Audience <i>Can you explain who may benefit from your study and why the findings may be useful to them?</i>	☐	☐	☐

WHAT YOUR RATINGS MEAN

You Can Clearly Explain Most Connections Your study has a solid foundation. Focus next on confirming those connections with your chair or committee and applying them consistently across your study.

You Can Explain Some Connections, but Still Have Questions You likely have the right pieces, but some relationships need clarification. Focused feedback or research coaching now can save months of confusion and revision later.

You Are Not Yet Able to Explain One or More Connections You have identified one or more areas where additional support could help you move forward. Brava Centauri can help you clarify the issue, consider your options, and prepare for a productive conversation with your chair or committee.

3 A Brief REACH™ Reflection

Complete the REACH™-aligned reflection below in relation to your self-check responses and your overall dissertation experience. Respond in plain language, focusing on what each prompt helps you notice and what may need greater attention as you move forward.

R Reconceptualizing Roles

Where do you currently feel like the author and owner of this study, and where are you relying heavily on your chair or committee to define the direction?

E Examining Structures

Based on your self-check responses, which connection within your dissertation needs the most immediate attention? Did this finding surprise you? Confirm what you already suspected? Give you greater clarity?

A Amplifying Agency

What part of this study do you feel most capable of advancing independently, and what skill or support would increase your confidence?

C Cultivating Conversation

What conversation with your chair, committee, or another support person would help resolve the most important uncertainty in your study?

H Horizoning Tomorrow

How does completing this study connect to the scholar, practitioner, leader, or professional you are becoming? What knowledge, skills, perspective, or confidence do you hope to carry forward beyond the dissertation itself?

Final Reflection

Which component of the REACH™ Framework feels most relevant to your dissertation experience? How might what you've learned about yourself and your work through this reflection shape your actions moving forward?

YOU DON'T HAVE TO FIGURE OUT YOUR NEXT STEP ALONE

If this reflection revealed an area where you feel uncertain, stuck, or in need of focused support, Brava Centauri can help. Through individualized research coaching, we help graduate researchers clarify their thinking, strengthen the connections within their studies, and move forward with greater confidence.

Learn more about Brava Centauri's graduate research coaching services at bravacentauri.co/gradservices



Your Next Step Starts Here

Through the REACH™ Framework, Brava Centauri helps doctoral students make sense of where they are, strengthen the alignment of their studies, and move forward with greater confidence.

- ✦ One-on-one graduate research coaching
- ✦ Support across the dissertation process, from initial study conception through final defense
- ✦ Defense preparation guidance
- ✦ APA copyediting and formatting

Gain Clarity. Strengthen Alignment. Move Forward with Confidence.

Explore Graduate Research Coaching →

bravacentauri.co/gradservices