

# Dr Pat's Roadmap to Success

## MEN WANTED!

Welcome to the Wise Elders Legacy Circle™, a gathering of experienced and insightful men aged 50 (from midlife and older) and greater. In this communal space we will share the wisdom we carry, our life experiences, and support each other on our life journeys.

**Let's not grow old, let's grow WHOLE!**

Are you:

- Longing for a supportive community of like-minded Wise Elders?
- Frustrated with the challenges of maintaining a healthy lifestyle?
- Worried about staying mentally sharp and focused?
- Missing out on activities you enjoy?
- Looking to engage in meaningful discussions and explorations?

This is for you if you are:

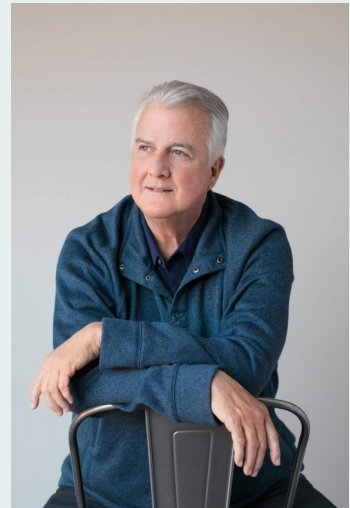
- Inspired to explore and maximize your *next chapter*.
- Reflecting on your lifetime of experience for harvesting and leveraging your wisdom.
- Ready to dive into what matters most and explore *what's next*....no more defining yourself only by your career.
- Experiencing a major life transition and would benefit from support and new perspectives.

Together, we will foster meaningful connections, engage in enriching discussions, and continue to grow during this time for our 2<sup>nd</sup> half of life.

**Let's focus on being BOLDER not OLDER,  
and moving from ROLE to SOUL**

Interested in more information? → → → → → → → →

**Reserve your spot** by the campfire today!



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## Interested in more information?



**Reserve your spot** by the campfire today! You will be contacted by Dr. Pat for a brief conversation. **NO OBLIGATIONS.**

Together, we will gather around a metaphorical campfire as tribal cultures have done for eons. This was a rich time for storytelling, personal sharing of triumphs and challenges, and where tribal elders were honored.

## EMOTIONAL LITERACY ACADEMY

This program is for you:

IF . . .

- You are a Coach, Counselor, or Consultant
- You are looking to add “Emotional Literacy” to your professional and personal toolbox
- You see the value in becoming more emotionally literate

OR PERHAPS . . .

- You’re seeking a personal reinvention.
- Your peers are making choices you feel you can never choose. To do so would be giving up/selling out.
- You’re looking for a way to break free and stay true to who you truly are.



### Why should I get the Emotional Literacy Academy

1. Help your clients learn how to appropriately incorporate and communicate their emotions with the right people at the right time.
2. Receive certification to list on your website or social profiles.
3. Listing as a certified Emotional Literacy Academy Professional.
4. Referrals for individuals looking for an Emotional Literacy coach or consultant.
5. Access to the Emotional Literacy Academy community.
6. Office hours with Dr. Patrick Williams, if you get “stuck”.

## 12 LIFE CHANGING MODULES

Click below to watch Dr. Pat’s short video



Dr. Pat Transformational Living.mp4

### How do I get certified?

Complete the Emotional Literacy Academy online courses and the short examination. The “Emotional Literacy Academy” was formerly known as “Conscious Living Mastery” but has been updated for the new certification. You can [find the courses here.](#)

## 10 TIPS FOR FINDING PEACE WHEN YOU ARE ANGRY

We're journeying through some uncertain times, and anger is welling to the surface for many of us... now more so than ever. I'm seeing it [in my practice](#), and I'm sure you are, too...

It's okay to experience negative emotions during times of extreme stress. The challenge is to find healthy ways to address your feelings of anger and frustration...ways that [don't harm yourself](#), your loved ones, your clients, or colleagues.



*"For every minute you remain angry, you give up sixty seconds of peace of mind."*

*Ralph Waldo Emerson*

Finding peace of mind in the midst of a storm is possible. You can prevent anger from dominating your day-to-day life...even grow and change in ways that will last well beyond these troubling times.

Here are 10 practices for finding peace in your daily life.

### 1. GO ON A MEDIA DIET.

This will be difficult. We're all conditioned to watch 24-hour news networks with constant "BREAKING NEWS" banners on the screen. Pick and choose the times you consume current events...don't allow yourself to binge-watch breaking news.

It's helpful to schedule a time to get caught up on the issues happening in your backyard and around the world. Commit to a set amount of time – 30 minutes, an hour – at intervals during the day. Then step away from the computer or television...and call a friend, go for a walk, or get to work.

### 2. Choose your conversations carefully.

You can diffuse negativity with positivity – make a deliberate effort to have conversations with friends, family, and colleagues about the 'good news' around you.

My longtime friend Dave Ellis explains this concept perfectly in his book [Falling Awake](#). He encourages us to think carefully about what we say and to whom...

*Moment by moment, we get to choose our conversations and community. What's at stake is enormous – everything we say, hear, watch, listen to, read, and see. No choices are more powerful than these.*

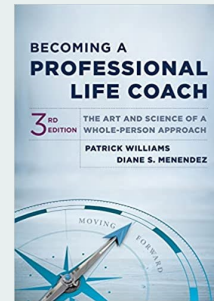
*Dave Ellis, Falling Awake (2002)*

It's vital that you balance the inevitably 'bad' news coming to you through media streams online and on television with the 'good' news, as well. Go looking for it...you'll find it.

(Continued on page 4)

### [Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach | 3rd Edition](#)

by Dr. Patrick Williams, Ed.D., MCC, BCC & Diane S. Menendez



Full of new information on the neuropsychology of coaching, this new edition explores the neuropsychology behind coaching; specialties in the field, such as trauma and addiction coaching; coaching amid post-pandemic global stress; coaching virtually; navigating emotions in coaching; and achieving transformational coaching by addressing the whole person. It takes readers step-by-step through the coaching process, covering all the crucial ideas and strategies for being an effective, successful life coach. This book is one-stop shopping for beginner and advanced coaches alike.

## 10 TIPS FOR FINDING PEACE WHEN YOU ARE ANGRY (CONTINUED)



### 3. Begin with positivity in your heart and mind.

Some people have a morning ritual based on their faith – Devotions, for example. Others choose to meditate, read an inspirational poem, listen to peaceful music. Perhaps something physical – yoga, Tai Chi, a long walk or run – gives you the healthy start you need.

There's no 'wrong way' to begin your day with calm in your heart. The art of [starting your day with positivity](#) is to schedule the time and *stay true to the schedule*. Create a ritual and dedicate yourself to following it every morning.

There might be mornings that include unexpected interruptions – don't worry if you have to skip it once in a while. But do your best to maintain that restorative morning practice.

It might be helpful to tell your friends and family about your ritual so they know to give you the space and time to practice it before getting into the busy-ness of the day...

### 4. Create a place for your personal power.

Mental imagery is a powerful tool. Do you have a strong image in your mind's eye of a beautiful place you visited? A garden? A sunrise or sunset that put your heart and mind at ease?

Make an effort to draw that image from your subconscious to your conscious mind – when you feel anger welling up inside, embrace that calming image.

### 5. Don't take things personally.

It's easy to slip into the habit of thinking everyone else's actions and words are 'about you'...but they seldom are...

Often times, if someone is pushing your buttons they're processing their own negative emotions and you just happen to be caught in the crossfire. Unless you know there's something you've said or done to hurt a friend or colleague, shed the belief that you're a victim of their negativity.

### 6. Remember that opinions aren't facts.

Lively discourse is healthy...if you approach them from the point of view of an observer. Engaging in an argument fuelled by opinions is destructive, though, and rarely results in enlightenment or understanding.

Be willing to take another person's perspective into consideration. "You may be right about that..." is a great way to keep a healthy dialogue going between friends, family members and colleagues. It's often helpful to keep your mind open and your mouth shut sometimes, as well...

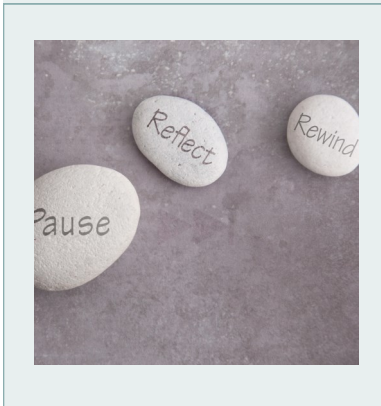
### 7. Have a committed listener or two who let you rant.

It's healthy to have a friend who allows you to vent once in a while..someone who will allow you to visit your anger and frustration but won't let you live there.

## 10 TIPS FOR FINDING PEACE WHEN YOU ARE ANGRY (CONTINUED)

Resilience is a learned skill: it's developed, in part, by expressing your fears or anger and having a sounding board to talk through solutions to the problems triggering these negative emotions.

You can master the art of resilience...it simply takes practice and a good listener now and then.



8. When your buttons get pushed...pause, reflect, rewind.

Stephen Covey called it "examining your tendencies" ...it's the willingness to take a step back when you're in a frustrating situation and look inwards instead of lashing out.

*Lasting solutions to our outward conflicts are possible only to the extent we find real solutions to our inner ones.*

*The Anatomy of Peace, Arbinger Institute*

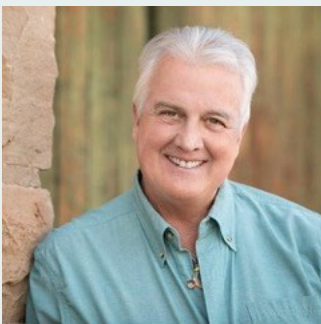
Seize the opportunity to apologize if your overexuberance for a certain point-of-view or belief has clearly crossed a line. Revisit the conversation with respect and deference.

9. Find a local cause and get involved.

The gift of charity is its own reward. If your negative feelings are weighing you down it might be time to give your time and energy to a local cause, whether it's a soup kitchen or an animal shelter.

*Man did not weave the web of life; he is merely a strand in it. Whatever he does to the web he does to himself. All things are bound together. All things connect.*

*Chief Seattle*



It's harder these days to take part in charitable acts, but if you use your imagination you'll find ways to share your care with people in your community ... and feel the richer for it.

10. Take a break from your routines.

Don't be afraid to break from your daily routines once in a while – turn off your devices, go for a drive, maybe turn down a road you've always driven past because you were in a hurry.

Give yourself permission to 'unplug' once in a while and switch things up. Think of it like rebooting your laptop...shut down...restart...

It might seem elusive these days, but there is a great deal of good news out there in the world...and if you can't find it, perhaps you can create it! Seek out the positive forces in your life – it's medicine for your soul.

Do you have a source of affirmation or positive news you turn to in times of stress and anger? I'd love to hear about it. [Contact me](#) to schedule a call today.

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