

Transformational Living

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:

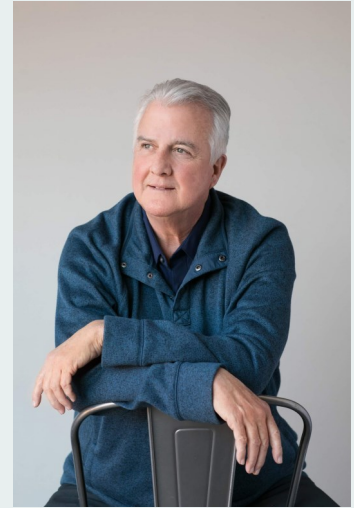
- Inspired to explore and maximize your *next chapter*.
- Reflecting on your lifetime of experience for harvesting and leveraging your wisdom.
- Ready to dive into what matters most and explore *what's next*....no more defining yourself only by your career.
- Experiencing a major life transition and 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 2nd 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.](#)

ARE YOU LIVING WITH SCARS, REAL OR UNSEEN?

We're all living with scars.

Some are visible...others are hidden. And it's the hidden scars that can cause the greatest pain in our lives...but it doesn't have to be that way.

You don't have to deny the experience of the pain or the presence of the scar. You simply have to give yourself permission to [share with someone who can help you heal](#).

Think of it this way: if you cut yourself badly enough you go to a surgeon to stitch up the wound – the bleeding stops and eventually, the pain subsides. All that's left is the memory of the moments that led up to that painful experience...that, and a visible scar. But you don't look at the scar and physically re-experience the pain of slicing a carving knife through your finger, do you?

We have all suffered emotional cuts and bruises and, when triggered, we viscerally re-experience the emotions when the wound isn't healed properly...

So why don't we go to someone who can stitch us up?

The walking wounded, the scarred, and the scared.

How many times have you been part of a conversation in which you start comparing your scars?

"I got this one mountain biking when I caught a snag on the trail."

"I got this one when they fixed my rotator cuff after that playoff game."

"I got this one when I broke my shin skiing."

If you're living with scars like these, you can almost brag about them – they're evidence of your life's activities and they don't impact your sense of self-worth among your peers.

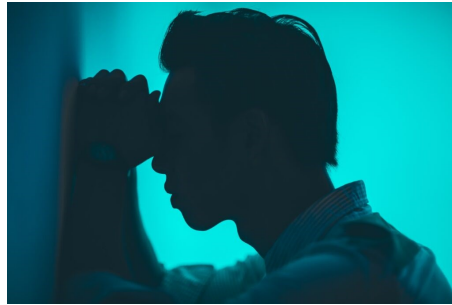
But how often do you hear...

"I got this one when I got fired from my job."

"I got this one when my wife left me."

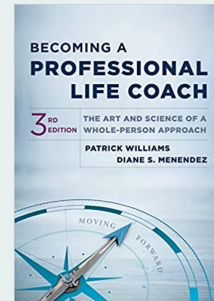
"I got this one growing up in a verbally abusive home."

Never, I'd imagine. Because those hidden, emotional scars are often a source of needless shame – so they're not discussed. And, unlike the physical scars, the mental scars do have an impact on your sense of self-worth among your peers. They make it difficult for you to have healthy relationships with your family, your friends, and your colleagues.



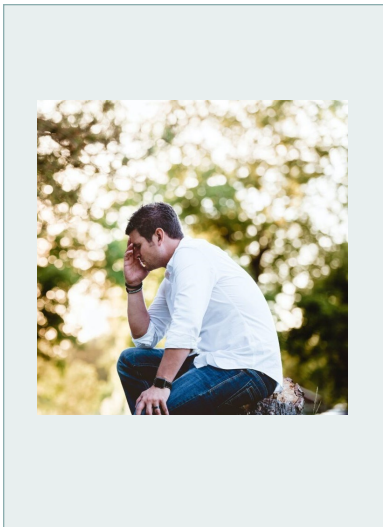
[Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach | 3rd Edition](#)

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.

ARE YOU LIVING WITH SCARS, REAL OR UNSEEN? (CONTINUED)



That's why it's so important to [find a committed listener](#), someone who can help you expose and redefine those scars.

Are they scars that limit your future...or times you were forced to grow?

Rather than thinking of your emotional scars only as evidence of pain, look at them as metaphorical and psychological reminders of those memories and challenges. They've stretched you to fully experience life as it happens – good or bad, positive or negative, challenging or inspiring.

Keep in mind, your scars don't have to involve abuse or neglect. They could be the shadow of a dream or aspiration you abandoned – or feel you were forced to abandon – but still carry in your heart and soul. Regrets can wound you and leave scars, as well.

Our life gives experiences to us. It's up to us how to frame them. I once heard someone say,

"Life is like a camera. Focus on what's important. Capture the good times. And if things don't work out, just take another shot."

Personal and spiritual development is a process. You can either just let happen and be an observer, or you can be more purposeful in your personal exploration...be a participant in the unfolding or emergence of your being.

This will mean getting naked.

Show your scars...get emotionally naked.

Getting emotionally naked takes bravery...and trust in your confidante. You may turn to a therapist, [life coach](#), spiritual director, minister, or best friend. There's also a real opportunity to nurture a few relationships with [those you love and trust most where you can be real](#).

Whoever you chose, if you're living with scars that just haven't healed, you need a place of trust where you can be comfortable in your skin.

*Being comfortable in your own skin means to be satisfied with yourself. Often, in American culture, and certainly for women, this is interpreted in terms of appearance. However, true satisfaction and self-esteem reflect your ability to cope with whatever challenges life has for you. –
Rosenya Faith*

In my career as a psychologist, I found myself helping people complete "unfinished business" – Gestalt theory and Fritz Perls. This can be freeing. But the goal was to help them find safe spaces and relationships in the real world where they could be totally revealing when they

ARE YOU LIVING WITH SCARS, REAL OR UNSEEN? (CONTINUED)

needed to...when they needed to be truthful about a deep feeling, old hurts, trauma, grief, and loss.

As a [life and wellness coach](#), I am more inclined to give people a sacred space in our conversations to reveal those parts of themselves that are unfulfilled, unrevealed, unrealized, and often unspoken outside of their own psyche. This will mean revealing your emotional scars. But like the physical ones, they can be healed, allowing you to move forward in your life with purpose, vision, and confidence. You can be comfortable in your skin.

If you'd like to get a more in-depth perspective, you can check out my book, [Getting Naked: On Being Emotionally Transparent at the Right Time, the Right Place, with the Right Person.](#)

Or [contact me](#) and we can start a conversation about living an authentic life.

Self-awareness + Courage = Confident Action

discover . . .
the Power of Your Story



I'm Lyssa deHart, LICSW, MCC and I am a leadership confidence and whole life coach.

Self-awareness + Courage = Confident Action
Are you ready to manifest your goals?

It's time to get naked. You have a very short time on earth, and the question then becomes what will we do with the time we are given? Intimacy and transparency are fundamental to your ability to show up bravely, with humility, and ultimately transform your experience of life.

Dr. Patrick Williams shares stories and continually asks, "What steps will you take to step forward in your life?" via his book [Getting Naked: On Being Emotionally Transparent at the Right Time, the Right Place, and with the Right Person.](#)

The idea that love is infinite and you're capable of accessing love as soon as you choose isn't new, yet there is a freshness to this telling. I was left with curiosity about ways that I'm still muddling through letting go with love in my own life. And, pondering the manner in which love has the ability to open my world. If, I am brave enough to get naked, first and foremost with myself, and also with those individuals who have earned the right to hear my story.

Self-awareness and a desire to live a life one can be proud of requires us to dive into the pool of ourselves, skinny dip, and find what we most admire about who we are and who we are becoming.

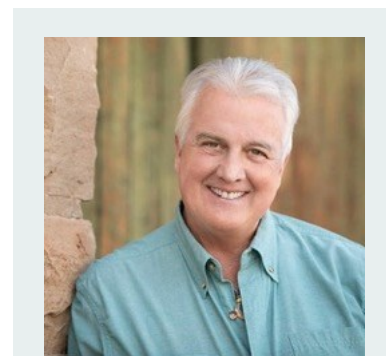
These are just some of the messages I needed to be reminded of as I once again disrobe and get to know myself at the next more profound level. If this resonates with you, check out his book, and I hope you enjoy reading it as much as I did.

I had the immense pleasure of interviewing Dr. Patrick Williams on the Coaching Studio podcast. It's available [here](#) if you would like to watch or listen!

Thank you and reach out anytime to share your thoughts!

Cheers,

~ Lyssa deHart, LICSW, MCC
Leadership Confidence & Whole Life Coach, ICF Certified Mentor Coach, and Author of StoryJacking: Change Your Inner Dialogue | Transform Your Life
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