



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:

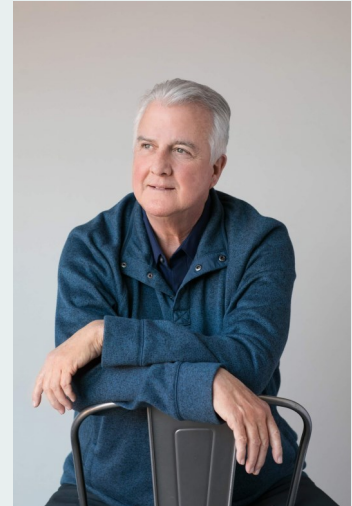
- Inspired to explore and maximize your *next chapter*.
- Reflecting on your lifetime of experience for harvesting and leveraging your wisdom.
- Ready to dive into what matters most and explore *what's next*....no more defining yourself only by your career.
- Experiencing a major life transition and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

"It's all life coaching if we are coaching the person and not just the problem."



COACHX CONVERSATIONS

The Current State of Whole Life Coaching

Join **Dr. Patrick Williams**, life coach, and **Jeffrey Hull**, IOC Executive Director.

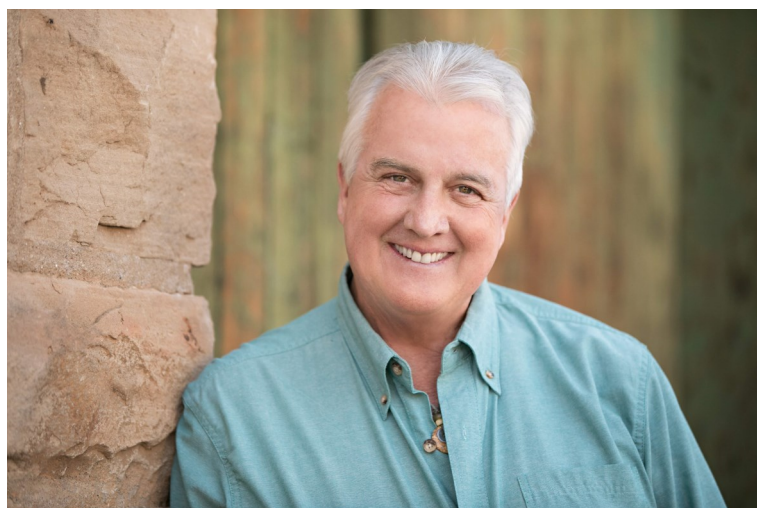
MARCH 20TH AT 12:00 PM EST

Dr. Pat Williams, MCC, BCC has been part of the coaching profession and its evolution since the beginning and has just released the 3rd edition of his best selling book *Becoming a Professional Life Coach: The Art and Science of a Whole Person Approach*.

In his upcoming CoachX Conversation, he will be discussing his latest edition of his book, where he has added new neuroscience research on coaching and emotions, and looks at both the blend of coaching the what --related to the workplace, business, or personal health and relationships --and the who of the client: the beingness added to the doingness.

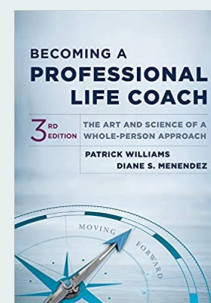
Registration opens March 13th!

[Learn more here.](#)



[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.

Learn Coaching from the Original Gangster of Coaching

What is coaching?

It's a simple question, but a rather complex one.

It means different things to different people. But have you thought, about what coaching means from the pioneer of coaching himself? Dr. Pat Williams who is also known as the original gangster of coaching reveals what actually is coaching and how it creates transformation.

Listen to [this episode](#) of The xMonks drive, and explore coaching and how it is different from other modalities of human development with Dr. Pat Williams.

Dr. Pat is one of the early pioneers of coaching and often called the ambassador of life coaching.

[Click here](#) to learn what coaching truly is.



KNOW YOURSELF



Getting Naked will give you ways to get to know your true self... your whole self, and help you find ways to express, explore, and experience those hidden parts of your being.

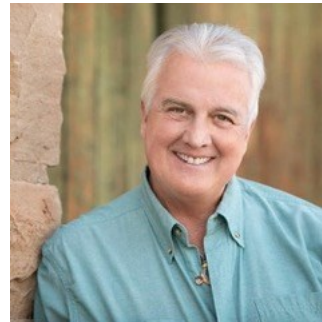
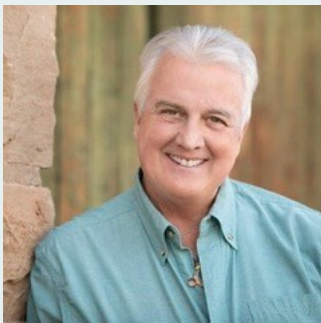
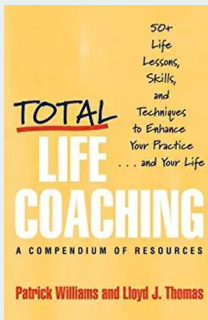
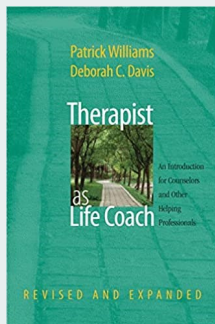
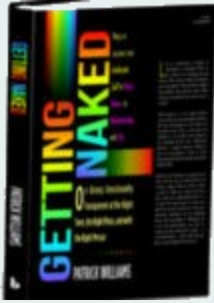
People who will benefit from this book have a pain point or obstacle which would be events, real or perceived, in which they were damaged, hurt, abused, mistreated, misunderstood, unseen, etc. Or it might help them reveal a dream they have given up on, a really great vision of something unique and bold that has never been shared out loud. Living an old story without a new ending is limiting and prevents optimal living by perpetuating a myth that they have carried deep inside. People who have not learned to find places to be emotionally naked will never be whole...there will be unclaimed and hidden parts of their personhood that are not integrated into their being.

Getting Naked...might help reveal a dream they have given up on, a really great vision of something unique and bold that has never been shared out loud.

There needs to be people and places where all who have been hurt can share honestly, nakedly, and become who they want to be...or indeed, who they are called to be. I feel this book will do much more than merely help you choose whom to get naked with. It will explain what nakedness is, expose the places in ourselves that make nakedness an obstacle, and show how the courage to be naked can transform the way you play, work, live, and even die.

MASTERY AND METAPHORS IN COACHING PODCAST

In this conversation between Coaches Rising and Dr. Pat Williams, we speak about the differences between a new coach, a professional coach and a master coach, the power of metaphor, the importance of non-formulaic coaching, creating transformational coaches and critiques of the industry.



[Click here to listen](#)

TESTIMONIALS

Priceless Mentor Coach!

If you don't know Dr. Pat Williams, MCC, BCC, you should! His insights and expertise were priceless as a mentor coach, and I look forward to being a student in his new offering! Check it out at <https://drpatwilliams.com/emotional-literacy#coaching>

~ *David Lang*

Invaluable Knowledge and Support

I feel honored to have had the opportunity to meet Dr Pat and consider him not only a mentor but also a friend. The knowledge and support he has provided throughout our professional journey has been invaluable.

On a personal note, I wanted to share that I am currently pursuing my ACC and PCC certifications here in Australia. It is an exciting endeavor, and I hope to achieve them soon. Dr Pat's guidance and mentorship have played a significant role in my growth, and I am grateful for the impact he has had on my professional development.

~ *Betina Pflug*

<https://drpatwilliams.com>
Email: pat@drpatwilliams.com