

Transformational Living

NEEDED: YOUR Compelling Stories!

In the near future, I am planning to publish a new book called *GULLIBLES TRAVELS*. (If you're under 40, chances are you may have never read or even heard of the book, *Gulliver's Travels* by Jonathan Swift).

Therefore, my 'play on words" needs **your** stories about times when you were gullible, duped, conned, cheated, fell for a fake promise, etc.

Your stories can be about relationships, sales traps, timeshares, politics, and more. If you prefer to NOT list your name with the story, you can use two initials or 'anonymous". Below are a few simple guidelines I'd like to offer:

- a) 1 - 2 pages in length
- b) Incident
- c) What happened
- d) Outcome or learning
- e) No definite timeline, however, the sooner you can get us your story, the better

If you would contribute your story for my new book, please submit them to support@gulliblestravelstories.com.



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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 Certification?

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.](#)

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**

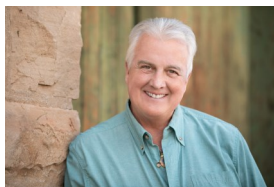
Reserve your spot by the campfire today!



Interested in more information?

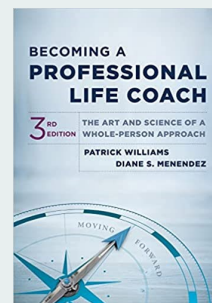
Reserve your spot by the campfire today!
You will be contacted by Dr. Pat for a brief conversation
NO OBLIGATIONS.

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.

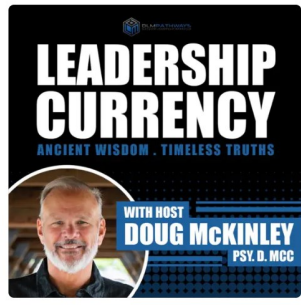


Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach | 3rd Edition

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.



Career Pivot With Pat Williams

Has there been a time when you woke up and realized you were not happy with your current career? A very busy psychologist, Pat Williams found himself in that very circumstance and made a career pivot that changed his life. He became one of the global influencers that began a whole new movement called COACHING. Dr. Williams is our guest on the podcast.

Listen to the podcast [here](#).

A FEW WORDS FROM OUR CLIENTS

Rich and Challenging Experience

I loved my experience with Dr. Pat Williams' Conscious Living Mastery program: Getting Naked (with Your Clothes On). It was a rich experience, challenging the participants to go deep into themselves as they navigated the many layers that keep us from progressing. Upon completion, the user has a beautiful foundation from which to begin living life fully.

~ Kendel A. Paulsen, MA, BCC, CDCS, ACC

Wisdom, humor, and compassion

Pat Williams shares his wisdom, humor, and compassion in service to each individual in the Master Mind Group. If you are seeking a mature, and sophisticated place for your own self-reflection – sign up! If you just want to expand your circle of consciously living people – sign-up! If you just want to laugh more – sign up!

~ Peter J. Reding MBA, MCC

Refreshing, authentic, and vulnerability beautifully models

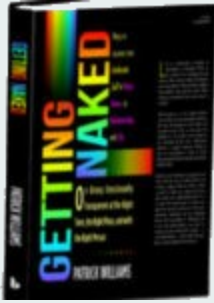
It was so refreshing to see/be with the “old guard” in coaching, circling back around and really exemplifying what I like to say as, “the Being in Leadership- Embodying, the who and how we show up each and every day”.

The ease and comfort in which you shared with authenticity and vulnerability beautifully models and reflects your Being, your presence as a coach, a leader... a human.

With much gratitude –

~ Laurie Macrae, PFS, PCC
Transformative Leadership & Executive Resource Coach
The Leadership Partnership
Positive Focus Skills, LLC

VULNERABILITY PART 1: WHY BEING VULNERABLE IS A GOOD THING

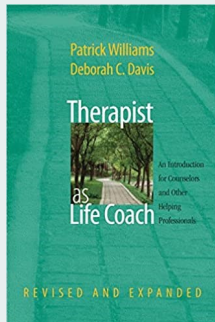


Have you been hard-wired to *harden up*? You're not alone.

Of all the life lessons we need to unlearn, it's the belief that being vulnerable is a sign of weakness.

Vulnerability is a strength if you put it to use in the right setting, with the right person. It can unleash the potential for deeper, richer relationships – with your spouse, your children, your friends, and your colleagues.

When you learn to share the parts of yourself that you've been taught to conceal – your 'dark side' or Shadow Self – you begin a process of truth, growth, and freedom.

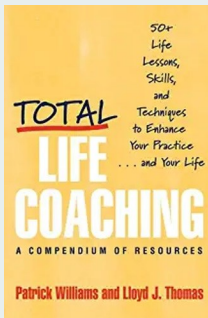


Setting the right stage for sharing your whole self.

Let me be clear at the outset: I don't want or need you to share everything with everybody all the time.

Being vulnerable with everyone often backfires. You put your trust in someone and sometimes they betray that trust – they reveal themselves as being hurtful and dishonest. They take your scars and pain points and exploit them to their advantage. And you are worse off...

Being vulnerable in a constructive way means picking your moment, and your people. You need to seek out a trusted confidante: a pastor, a counselor, a life coach, a small circle of true friends.



How will you know you've found your people? They won't judge you or try to fix you. They will listen to your story with an open heart and an open mind. They will give you a safe space to share your darkest thoughts and feelings without criticizing you or questioning your worth.

We are all the walking wounded.

When you're grappling with your 'dark side' and feeling vulnerable it's easy to think you're the only one with these shadows haunting your past.

But every single one of us has a history scarred by mistakes, shame, guilt, embarrassment, something we wish to hide or erase from our life story. We are all a collection of scars at varying stages in the healing process. Just as your body heals from a physical wound over time with the proper care, so too do your emotional scars.

Accepting that your condition isn't unique opens you up to a more genuine relationship with a committed confidante...remember, that confidante has wounds, too. Their capacity for compassion and empathy will be boundless.

Being vulnerable helps you thrive...not just survive.

You'll often hear me say that life is a collection of experiences. And how we deal with them sets us on either a path of self-doubt and regrets or a path of life-long learning about ourselves and how we interact with the world around us.

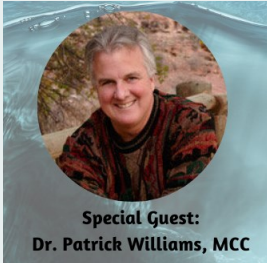
When you approach the 'negative' life experiences as an opportunity to explore uncharted territory, rather than a place to block off from your mind and conceal, you are allowing yourself to be vulnerable.



<https://drpatwilliams.com>

VULNERABILITY PART 1: WHY BEING VULNERABLE IS A GOOD THING CONTINUED

Taking Clients to
a Deeper Level:
Dr. Patrick Williams



In today's Star Coaches show, my guest, Dr. Pat Williams, shares how we can create new insights and go deeper with our coaching clients. Invoking new awareness is key to the coaching process, and there is something here for each of us to learn.

[Click here](#) to learn more.



You are allowing yourself to learn a life lesson. With the guidance of a committed confidante, you can process the negative emotions that were brought to the surface by the hurt, pain, or shame you felt at that moment. You can reframe them as a positive.

A healthy, fully functioning human being has at least one person in their life with whom they can be completely transparent. Interestingly, through that process of transparency, people often find they are more at ease with themselves and, by extension, with others when they're going about their daily life. They have more space in their hearts for their loved ones, for personal and even professional growth.

The sense of ease that comes with knowing there is someone out there who knows your Shadow Self and still finds you worthy of their care gives you the confidence to be more authentic, more compassionate, and humble in your daily endeavors.

It's time to Get Naked.

No, not physically naked – though I do approve of skinny-dipping.

It's time to get emotionally naked.

You learned early on in life to harden up. That suit of armor you're wearing is weighing you down...so take it off. Maybe you're a bit shy...if you're not a revealer take your time peeling off the layers. Find someone who listens at your pace, who follows your rhythm. But find someone.


Keeping parts of yourself hidden can lead to physical, mental, and emotional sickness. [Unlock the secrets you've been hiding](#) and set yourself free to live a healthy, authentic life as a whole being.

We are all presented with a choice when we start a new day: do we show our true selves, or do we choose to remain an enigma? I hope you choose to be true to yourself and find that committed confidante.

Maybe you don't know where to start. If you'd like help talking through your next steps [contact me](#) and we can start a conversation about vulnerability and the freedom and power that come with it.

Until next time,

Dr. Patrick Williams



It's okay
to be
Human!