

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**

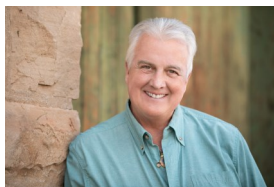
Reserve your spot by the campfire today!



Interested in more information?

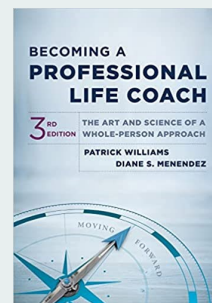
Reserve your spot by the campfire today!
You will be contacted by Dr. Pat for a brief conversation
NO OBLIGATIONS.

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.

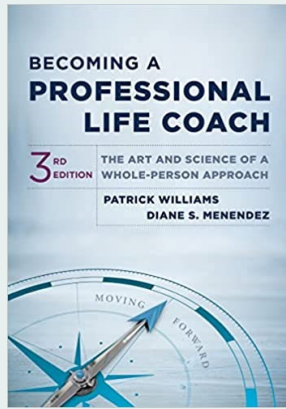


Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach | 3rd Edition

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.



The Science of Psychotherapy Podcast

In this episode of [The Science of Psychotherapy podcast](#), hear a conversation with Dr Patrick Williams about the 3rd edition of his book *Becoming a Professional Life Coach: The Art and Science of a Whole-Person Approach*. His book was also featured in the June 2023 edition of *The Science of Psychotherapy* magazine. You can [find the excerpt PDF here](#) or obtain the [full magazine on The Science of Psychotherapy website here](#).

A FEW WORDS FROM OUR CLIENTS

Pat sees the wisdom within his clients so clearly and uses this to coach them to transform their visions into reality. He inspires me to remember that every coach has an amazing capacity to inspire growth. Just being with Pat makes me want to up my game & play full out!

~ ANN RAISCH

Pat takes vulnerability ten steps further with his brilliant insights in his book, *Getting Naked: On Being Emotionally Transparent at the Right Time, the Right Place, and with the Right Person*. I love how he combines his knowledge, wisdom and experience with other thought leaders, past and present.

~ RACHEL LANERAISCH

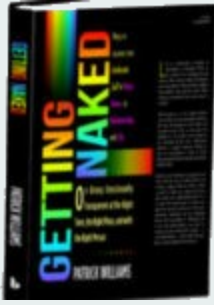
He is warm, genuine and has the remarkable ability to build instant rapport with all he meets or supports. Will you benefit from working with Patrick? YES! Don't wait! Invest in yourself and be confident knowing that he is one of the best coaches in the world. Any time spent with Pat is time well spent!

~ SINEAD MOFFATT

The use of coaching in occupational therapy is becoming more popular year by year. We are helping people with chronic illness, example stroke, Parkinsonism or chronic pain, to accept and adapt through experiential learning of adaptive strategies. Coaching is used to help clients to find out what they like to explore and to energize the process. This is very well accepted by patients and acknowledged by doctors and hospital administration. You and Charles have really made a significant impact on occupational therapy in Hong Kong!

~ KWOK FAI LEUNG

WHY WE ALL NEED A WITNESS TO OUR EMOTIONAL NAKEDNESS



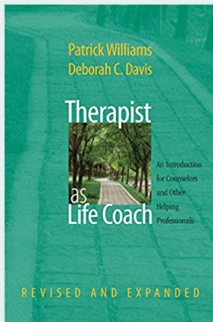
Do you have a committed witness?

Wait, let's back up...do you know what I mean by "a committed witness" ...?

We all need a witness – someone who will give us the space and security to share our fears, flaws, and mistakes...*out loud, without judgment.*

But it's hard to admit the need – and sometimes harder still to find that one, neutral set of ears to fulfill that need. I can help with that...

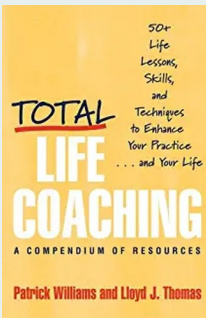
The (necessary) art of being emotionally naked.



It takes tremendous courage to bare your emotions to someone. It's vital that you make the effort, though, to someone trustworthy. It doesn't have to be your spouse or your best friend. It can be a therapist, counselor, coach – and in case you're wondering, even coaches need coaching!

You have to express the ways in which you perceive intimate relationships, your career, your concerns about money or your health, the daily travails of parenting – sometimes parenting your children and sometimes parenting your parents.

This will require revealing your 'dark side' – what I prefer to characterize in my practice as your "Shadow Self".



We all have a Shadow...and fearing it puts us in a self-imposed prison, stunting our emotional growth and locking up the potential for authentic, honest relationships.

We need to get naked and show our Shadow Self to somebody.

Me and my Shadow.

I can't emphasize this enough.

Even if you don't find a committed witness, you have to give yourself permission to acknowledge the mistakes you've made in the past...*without shame and self-recrimination.*

"Forgive us our trespasses, as we forgive those who trespass upon us."

This includes your Shadow. None of us is perfect. We've all made mistakes. I've made some doozies. But crucifying yourself, hiding those mistakes – and allowing them to haunt you – undermines your self-confidence. And that's the biggest mistake you can make.

Your Shadow is your constant companion – so why not strike up a friendship? You can start by saying, "I know we're flawed, but we're still loveable...and we're a work in progress."

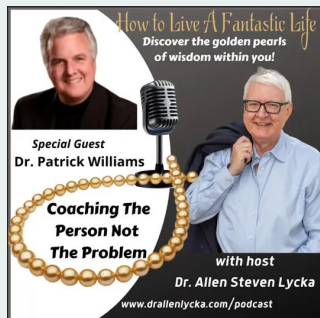
How liberating would that be?!

Here are the steps you can take to build a solid friendship with your Shadow. Ideally, you'll have a committed witness to guide you through this process, but if you haven't found one just yet, don't let it stop you from diving in.

<https://drpatwilliams.com>



Dr. Allen Steven
Lycka's Interview
with Dr. Patrick Williams



Coaching the Person Not the Problem

How to Live A Fantastic Life

We are going to delve into the world of coaching. According to our guest today, Dr. Pat Williams, it's good to have an accountability partner, not that's gonna hold your feet to the fire, but who's going to listen to your ideas and your obstacles, and then ask questions designed to make you think.

Dr. Williams is passionate and dedicated to ensuring that coaching remains a respected profession. It's a real treat to have him with us today.

[Click here](#) to learn more.

WHY WE ALL NEED A WITNESS TO OUR EMOTIONAL NAKEDNESS CONTINUED

1. REVIEW YOUR INTERNAL NARRATIVE.

Take a good, hard, honest look at the long-held stories you've kept in your head and heart. The ones that produce guilt, shame, and fear.

I would suggest that keeping those thoughts locked up and silenced has magnified them beyond their actual harm on your worth in the world...to your family, your friends, your colleagues. They've been blown out of proportion, pushed and pulled, stretched and reshaped, by time and the daily flotsam of life.

Clinging to those memories once the moment has passed simply doesn't serve us.

2. FLIP YOUR FAULTS ON THEIR HEAD.

This is tough to do, but will give you a sense of freedom and power...

You've been looking at some of your faults, idiosyncrasies, and past mistakes as evidence that you are lesser than the people around you. You've perceived them as traits in the 'deficit column' of your self-assessment balance sheet.

[What if you saw those hiccups in your personality as assets?](#) As opportunities to learn and grow? To be vulnerable and compassionate toward someone else who is also feeling inadequate?

Simply put: give yourself a break!

3. WHEN IN DOUBT, WRITE IT OUT.

I strongly recommend that you keep a journal, especially if you're talking regularly with a therapist, a trusted friend, a spiritual advisor, [a life coach](#). Not because it will "speed up the pace" of a conversation with them, but so you can revisit feelings you had in a past moment that you might have already glossed over and assigned to your Shadow to manage.

Reviewing those letters to yourself can trigger meaningful conversations...sometimes even more productive conversations because the 'trigger' has passed and you can view the sorrow or worry with a little calmer, distance, and perspective. You can really get naked with that moment and talk it through. And then put it in the past where it belongs.

We've all suffered loss, committed blunders stumbled and recovered...we all limp along sometimes. We all need a witness to those blunders, those stumbles, those seemingly unforgivable mistakes that dampen our souls.

Would you like to explore your Shadow? [I've got tools and resources to help you start that journey, contact me.](#) It's a lifelong adventure...and worth the effort!

Dr. Patrick Williams