



Transformational Living

Celebrate the New Year 'In the Company of Elders'

Join us for a 4-Day retreat of exploration and revelation in beautiful Colorado!

Welcome to a gathering of experienced and thoughtful Elders — Men and Women ages 50 years and greater.



In this communal space we will share the wisdom we carry, our life experiences, and support each other on our life journeys.

This is a rare experience and is limited to only a total of 12, so don't hesitate! **We have very few spaces still available so [REGISTER NOW!](#)**

For more information, [visit our brochure.](#)



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Still Interested in 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).

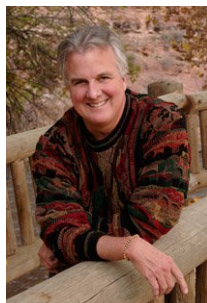
Therefore, my 'play on words" needs **your** stories about times when you were gullible, duped, conned, cheated, fell for a fake promise, etc.

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; the sooner you can get us your story, the better

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

Thank you for your consideration!



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.](#)

HOW OUR PERSONAL GREETINGS HAVE CHANGED

COVID-19 disrupted the world in a way not known for decades, and its repercussions will likely change our lives for decades to come. But don't despair.

Some changes are good. Like learning to slow down, be creative at home, appreciate family and friends and truly connect in more personal ways.



As we navigate this novel virus, we're re-learning how to have meaningful connections with our clients, friends, colleagues, and family without putting them at risk. This is a novel challenge. So how do we extend greetings to the people in our lives?

As a coach and counselor, I decided to take some time and learned about the kinds of greetings other cultures around the world practice – and many of us here at home that you probably took for granted. They may become meaningful practices for us in the days to come.

Namaste and other ways we can share our greetings.

Unless you've been living in isolation longer than the last month, you're familiar with the word "namaste." In Hinduism, it means "I bow to the divine in you." It's a 4,000-year-old Sanskrit word – perhaps even older – a gesture of respect and reverence. Your hands meet at your chest, and you bow to communicate your thanks to – or for – someone.

While many of us on this continent only experience the greeting at a yoga class, it's been a cultural norm in India for centuries. It's a sign of genuine thanks and goodwill without touch.

There is an equally meaningful greeting on the African continent that conveys a connection without a physical connection: Sawubona.

In South Africa, sawubona is the Zulu word for "Hello." There's a beautiful and powerful intention behind the greeting as sawubona means, "I see you, and by seeing you, I bring you into being."

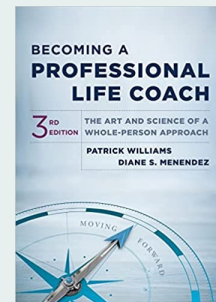
Wow, imagine being greeted like that! Wouldn't that be more energizing than a half-hearted handshake or a forced and awkward hug?

We all have an opportunity right now to redefine social contact and the authenticity behind it. Our lives have become increasingly impersonal with the use of technology to communicate.

But in this age of 'high tech,' we realize now we had become extremely 'high touch,' as well. Touch is conspicuous in its absence during this time of COVID-19.

[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.



HOW OUR PERSONAL GREETINGS HAVE CHANGED (CONTINUED)

Ubuntu

So let's seize this opportunity together and practice another social norm from the Zulu language: Ubuntu. Coarsely translated, it means "humanity," but it's often interpreted as, "I am because we are."

Here's how Archbishop Desmond Tutu explained the concept:

It is about the essence of being human... It embraces hospitality, caring about others, being willing to go the extra mile for the sake of another. We believe that a person is a person through other persons, that my humanity is caught up, bound up, inextricably, with yours... The solitary human being is a contradiction in terms. Therefore you seek to work for the common good because your humanity comes into its own in community, in belonging.

An anthropologist is said to have witnessed the concept of ubuntu firsthand – I'm not sure if it's a fact or fable – when she put out a basket of fruit in a small African village, gathered the children, and challenged them to a footrace to the basket. Whoever got there first would get the most fruit.

When the anthropologist started the race, the children all joined hands and ran to the basket together. She asked why, and one child responded, "How can I be happy when others are unhappy?"

We're in this together.

The coming months are going to be challenging. We'll be relearning how to function as more separate beings physically while still working towards common goals – at home with our loved ones, at work with our clients.

Yes, this virus is contagious – we can't avoid that reality – but I firmly believe that positivity is contagious, too. It always has been.

I use the word *enthusia* to describe my spreading enthusiasm and focusing on positive and hopeful expressions, no matter the crisis or challenge we may be facing. It doesn't mean hiding from the reality of our situation. It means taking an opportunity to rethink our relationships. Find new ways to explore them and build upon them.

As coaches and counselors, it's our job to navigate disruptive change for the clients under our care. Just as scientists worldwide are working to find a physical cure for this novel virus, it's our responsibility to help guide people through the emotional changes that have come from this challenge.

We're changing the way we greet people, and change can be good.

If you'd like to have a conversation about ways to keep a connection, I'd love to hear from you. We're in this together. Connect with me through [Facebook](#) or [LinkedIn](#).

Dr. Patrick Williams

