

# Transformational Living



## 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.

## 12 LIFE CHANGING MODULES

Click the icon 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](#).

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### 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”.

## 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).

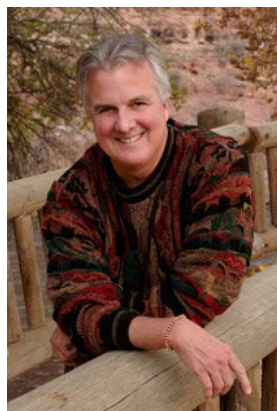
Therefore, my 'play on words' needs **your** stories about times when you were gullible, duped, conned, cheated, fell for a fake promise, etc.

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](mailto:support@gulliblestravelstories.com).

Thank you for your consideration!



# LIVE WITH PURPOSE BY BREAKING OUT OF YOUR SELF-MADE PRISON

Do you feel like you're living in a prison sometimes...one that you built yourself?



You're not alone. As a coach, and a mentor to coaches, I meet people every day who have created stories about their past – and then their future – based on feelings of shame, guilt, and self-doubt. I've also met people who hide away their gifts, keeping them under lock and key. They're afraid to share their strengths and vision for fear of rejection.

You want to live with purpose – and help others do the same – but the boundaries you've created stop you from following through. It doesn't have to be like that...

Let's plan a jailbreak together...

## Change is inevitable. Progress is optional.

Throughout your lifetime, change is going to happen. Sometimes you'll choose the change...other times the change will choose you. Either way, you're going to experience some discomfort. Your values will be challenged. Your knowledge will be tested. Your confidence will be shaken.

The change will be unsettling.

I want you to think of it this way, though: each change is an opportunity to learn and grow. So if the change is going to happen anyways, what path will you choose when it comes along?

Will you choose to retreat, or go forward, as you face the path in front of you...

How will you respond when you're uncertain about what to do next...

Today never hands me the same thing twice and I believe that for most everyone else life is also a mixture of unsolved problems, ambiguous victories and vague defeat – with very few moments of clear peace. My struggle with today is worthwhile, but it is a struggle nonetheless and one I will never finish.

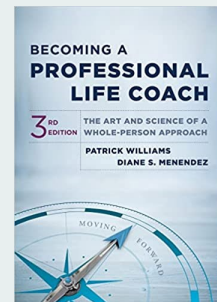
## [Hugh Prather – Notes to Myself](#)

### Embrace the uncertainty.

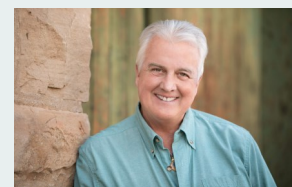
If you want to live with purpose, you have to embrace the uncertainty. All too often, our discomfort around admitting we don't know exactly what to do in a given moment – especially as therapists and coaches – prevents us from being authentic. Hijacked by our amygdala, we go into “fight or flight” mode when we're in uncharted territory and, most often, our responses do more to harm than good.

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

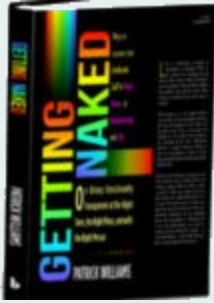
by Dr. Patrick Williams,  
Ed.D., MCC, BCC &  
Diane S. Menendez



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



## LIVE WITH PURPOSE BY BREAKING OUT OF YOUR SELF-MADE PRISON (CON'T)



Give yourself permission to be uncertain about your next steps. It's alright if you don't have all the answers...whether you're talking to a loved one or a client. The key is to seek out a committed listener who will let you process your own discomfort and uncertainty so that you're free to listen to your spouse, your colleague, your coaching client with an open mind.

Remember, while it's healthy to reveal your true self, choosing the right place, time and audience is so important. If you want to be your best self with your friends, family, peers, and clients, it's imperative that you find someone who can help you navigate your own uncomfortable journeys.

**Give yourself permission to struggle...and believe in your ability to overcome.**

Strive to live purposefully, not perfectly. And never underestimate your ability to rebound from a challenge. It's common for people – coaches and therapists in particular – to think they should have all the answers. When they don't, a seed of doubt is planted and they come to believe there's no recovering from a setback.

Your life struggles are not a life sentence. They're a chance to step back, examine how you found yourself in prison...and discover you had access to the key all along. You just had to check in with a gatekeeper...

Every experience is a good experience...eventually. Seize the opportunity to learn something new about yourself, through inner reflection or from a gatekeeper – a coach, a mentor, a peer. And be patient. Sometimes the lessons we're destined to learn take time to show themselves. Keep an open mind and an open heart.

It's possible to be authentic and vulnerable while still being strong and reliable. Give yourself permission to embrace your perfect imperfections and live your life with purpose.

How do you break free from your inner prison? I'd love to hear about the ways you unlock the door to understanding and growth.

Until next time . . . . .

*Dr. Patrick Williams*

