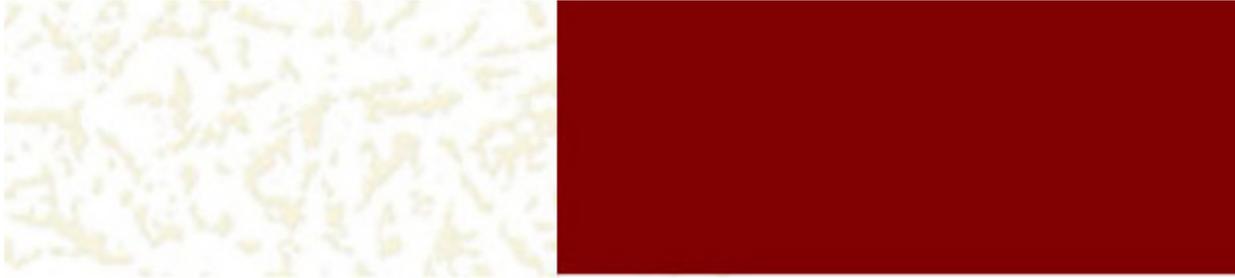


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Creative Leap
COACHING & CONSULTING



ACHIEVING WEALTH MASTERY

RESILIENCE COACHING:

Making More of What's Available

--With Your Efforts

A message from your local Certified Financial Coach™

*Helping you build skills necessary for
“Financial Independence”*



Why Resilience Matters

“EXPANDING YOUR AREA OF INFLUENCE.”
- *the final goal of resilience*

What does it take to move in a new direction? In a word: Resilience. Overcoming Obstacles; Getting through anything. Resilience is a learned trait that allows you to move in new directions. Practicing it will help you to make more of your efforts.

What Leads to Resilience?

Resilience would not be needed if we did not have to make decisions. What leads to resilience is holding the tension between -- fear and desire -- as a positive source of energy -- one that expands your area of influence over whatever concerns you might have.

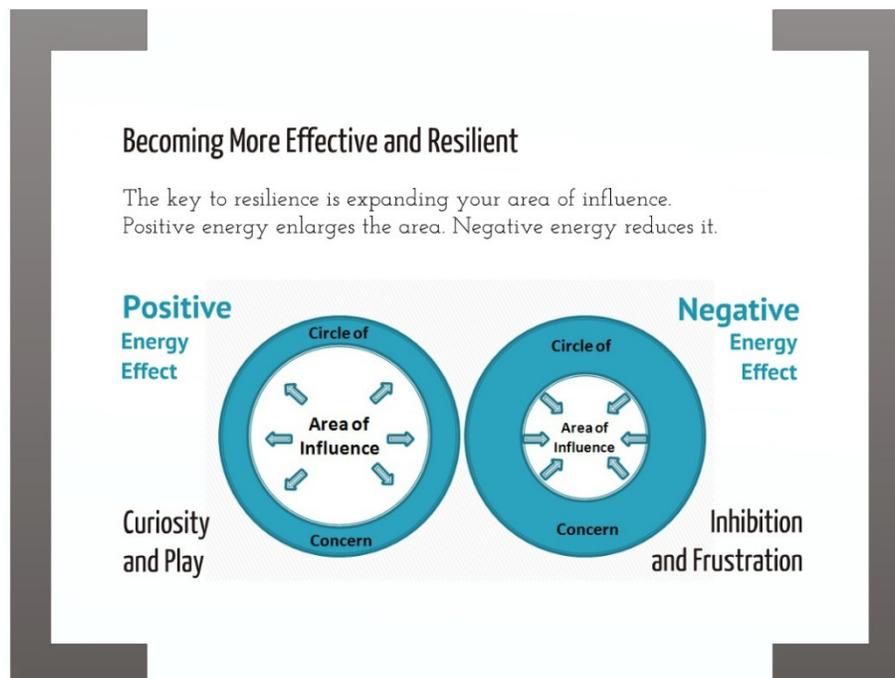


Figure 1: What leads to Resilience?

Becoming more effective and resilient is an expansion of influence. Positive energy leads to curiosity and play; negative energy leads to inhibition and frustration. With positive energy, you enlarge your area of influence. With negative energy, you reduce it. Intuitively this makes sense. The more positive you are, the more you can influence the outcomes that matter most.

To change the direction of your efforts, you need to manage where you place the focus of your attention.

Developing more resilience has three parts: Challenge, Turning Point, and Success. It's a process that we repeat over and over every time we face something new. Like whales you see in the video. If you wish

to move in a new direction, you may need to venture into the deep. Only by diving can you genuinely move in a new direction.

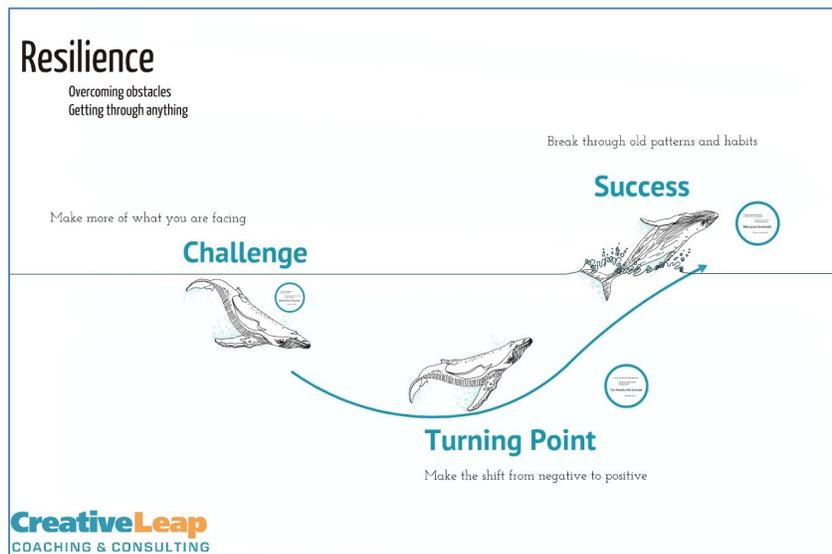


Figure 2: Resilience Process

Initially, the challenge is unexpected and confusing. At first, we don't know how to respond. To make more of what we are facing we must begin to dive in a new direction. The dive puts your attention on what you are most committed to. To move in a new direction, you must make the dive for discovery and find your commitment.

When the turning point happens you then make the shift from negative to positive energy. Most often a challenge prompts inhibition and frustration. With positive energy, a new area influence becomes available. You may still be confused, but your outlook is completely changed. Connecting your commitment to an open-ended strength allows you to make the turn.

Let the dive for commitment change how you feel; allow the turn to put your attention on what you do best. To move in that new direction, you must turn towards what is unique; put the focus of your attention on your talents. The challenge is now specific to you. Only your personal and unique response can expand your area of influence. The turning point puts you on a path that commits you to an open-ended strength one that transforms and resolves the challenge.

As the rush of energy gathers momentum it eventually leads to success. When success happens you break through old patterns and habits. Your area of influence expands. You are now stronger than you have been and larger than that which you struggle against. Let the leap to success energize the person you are becoming. Make success the new habit; become your own source of wealth.

The beauty of resilience is that it keeps repeating. Adapt and change is a lifelong pursuit. You have all the time you need to practice this skill. The tension of holding fear and desire can be all consuming. We have learned to place all our attention to what we fear and desire. To change that we must make a dive of discovery; we must find the source of commitment that will help us change our direction. Once

committed, we must turn toward what is unique and focus on our talents. By making these changes, we eventual discover that we can move in new directions.

You are more resilient than you know. Find the open-ended strength that allows you to be the unique person you were meant to be.

THANK YOU

LET ME KNOW IF I CAN HELP.



Tom is affiliated with Wealth Strong® and Fin Lab® financial services. He is a Certified Financial Coach™. He is also affiliated with MSPP (The Massachusetts School of Professional Psychology) and with CRR Global (Global Center For Right Relationship).

He holds a Masters Degree in Accountancy (MS) from Northeastern University and a Masters Degree in Human Resource Education (MA) from Boston University. Formerly, a practicing CPA until 1991, Tom is also a mediator with training from the Harvard Program in Negotiation.