

MADE FOR MORE

MAGAZINE 2.0

LAMP GLOBAL
COMMUNITY



SECOND EDITION

ARE YOU LEAVING OR LIVING
YOUR DREAM?

SIMPLE WAYS TO BUILD
SELF-CONFIDENCE

FINDING STRENGTH IN
CAREER SETBACK.

BREAKING FREE: STEPPING
OUT OF YOUR COMFORT
ZONE

AND MANY MORE!!!

DR. OLABISI OSHIKANLU



WWW.LGCLEADERSHIP.COM

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Issue 2**

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WELCOME - MADE FOR MORE MAGAZINE 2.0

Before you are a leader, success is all about growing yourself. When you become a leader, success is all about growing others."

Jack Welch, Former CEO of General Electric

WHAT WE BELIEVE

In LAMP Global Community, we firmly believe that leadership is an ongoing journey of continuous learning, personal self-discovery, and collective empowerment. This timeless wisdom aligns perfectly with our mission. True leadership goes beyond individual achievements, focusing instead on the growth and empowerment of those we serve.

As the renowned American lawyer and political activist Ralph Nader aptly put it, "The function of leadership is to produce more leaders, not more followers." That's precisely our focus on LAMP Global Community. We aim to attract, nurture, and amplify leaders who are committed to unlocking their full potential while equipping others to do the same.

OUR VISION

Our vision extends across the globe, and we're thrilled to announce that later this year, we'll be publishing a special Women in Leadership edition under our Women in Leadership League (WILL) arm. This dedicated magazine will highlight the rise of authentic and world-class women leaders, just like all of us, are made for more.

This second edition of "Made For More" is inclusive and relevant to anyone, regardless of gender, who wants to enhance their influence, develop their leadership skills, and transform their personal and professional lives. Within these pages, you'll discover valuable insights, real-world examples, and effective strategies to propel you forward on your leadership journey.

Thank you for joining us. As you explore this edition, let it inspire and challenge you to boldly reach new heights of influence and effectiveness. Together, we are shaping a future where leadership is purposeful, transformative, and inclusive. Lead with purpose. Grow others. Transform the world.



Dr. Michael Koku

Chief Visionary Officer, LAMP Global Community

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QUESTIONS AND ANSWERS WITH DR. OLABISI OSHIKANLU

MD, FAAP, MBA, CPE



What's the most valuable lesson you've learned as a leader, and how has it transformed your life and leadership style?



Despite owning two successful pediatric practices, I realized I lacked a genuine understanding of leadership. A pivotal moment occurred when my pastor requested that I develop a leadership curriculum. During this process, I came across this quote from John Maxwell: "Leadership is not a one-time event; it's a process. It's a journey, not a destination."

This quote has become the cornerstone of my leadership philosophy. I discovered that leadership is a continuous process of growth, rather than a fixed destination.

This revelation transformed my mindset, empowering me to silence self-doubt, release low self-esteem, and unlock the potential within myself and others.

Today, I stand tall and grounded, grounded in this simple yet profound truth.

Could you share a formative moment from your upbringing that deeply influenced your career trajectory and leadership style?



My father, a physician, passed away when I was just nine. Growing up in Nigeria, influenced by his legacy, I developed a leadership style rooted in the high-power distance I observed in the leaders around me.

I led with authority for years, dominating every aspect of my life, from work and parenting to relationships.

Over time, I came to understand that my leadership style needed to evolve towards collaboration and empathy.

Tom Peters once said,

"Great leaders don't create followers; they create more leaders."

This insight helped me realize that leadership isn't about exerting control, but rather about inspiring others to unlock their potential.

QUESTIONS & ANSWERS WITH DR. OLABISI OSHIKANLU

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Q3. What motivated you to establish your own company, Full Hands Venture LLC, and what have been the most gratifying aspects of entrepreneurship for you?

My entrepreneurial spirit has always driven me, from real estate investments to healthcare ventures. However, Full Hands Ventures LLC, established in 2022, is where my heart truly lies. I'm passionate about leadership development, coaching, speaking, and training, and I'm dedicated to unlocking human potential.

Through Full Hands Venture, I've witnessed the unparalleled joy of seeing individuals harness their power and unlock their full potential. It's not just about business; it's about transforming lives and leaving a lasting impact.

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Q4. As a leader grappling with both personal and professional difficulties in a highly competitive environment, how do you effectively navigate and overcome obstacles while maintaining unwavering resilience and composure?

It all starts with understanding my identity in God. I refer to this as the 'God Factor.' My faith serves as my unwavering foundation.

I firmly believe that I am here on a mission, not by mere chance, and this conviction provides me with a sense of purpose and grounding. As Martin Luther King Jr. said,

"Faith is taking the first step even when you don't see the whole staircase."

In addition to my faith, I make time for self-reflection, coaching, and wellness. In 2024, I dedicated myself to personal growth by hiring a coach for an entire year, which significantly enhanced my leadership skills.



I set clear boundaries, surround myself with positive and supportive individuals, and prioritize maintaining a healthy lifestyle through regular exercise and adequate rest. As my friend wisely said, **"No is a complete sentence."** By striking this balance, I can honour my own needs and well-being while giving my best to others.

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What are the intentional strategies you employ to lead effectively in today's corporate landscape?

"Leadership is the capacity to translate vision into reality." Warren Bennis.

Effective leadership begins with clarity, aligning organizational and personal goals. I prioritize creating environments where individuals can flourish, nurturing genuine relationships across all levels.

Staying relevant is equally important. During the COVID pandemic, several health clinics adopted the Chick-fil-A drive-thru model to improve efficiency, speed, and safety in testing. I make sure to continually update my skills and knowledge to remain ahead of the curve.

Collaboration is another priority because, as Helen Keller said,

"Alone we can do so little; together we can do so much."

Balancing your cultural identity with assimilation into American business culture can be challenging. How do you ensure that your authenticity remains intact while adapting, and how does this impact your leadership approach?

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Moving to America unveiled profound racial intricacies I hadn't anticipated. I've encountered discrimination based on my name, accent, and gender, which fueled my determination to work more effectively and simultaneously embrace my identity while demonstrating adaptability.

Years ago, I made a bold decision to stop perming my hair and embrace my natural locks. Although it may seem like a minor change, it was a significant statement of authenticity—a way to present myself as my true self without any need for apology.

As Maya Angelou said, **"We all should know that diversity makes for a rich tapestry."**

This belief shapes my leadership approach, where I embrace diversity and lead by example, staying authentic while adapting to various environments.

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Could you share a memorable success story from your career that exemplifies your leadership philosophy and approach?

One defining moment in my leadership journey was leading a team of emerging leaders through a development program. By fostering transparency, accountability, and a growth mindset, we created a ripple effect of leadership throughout the organization.

John C. Maxwell's words resonate here: **"A leader is one who knows the way, goes the way, and shows the way."**

By empowering others to embrace their leadership, we created a thriving and positive work environment. This experience exemplifies my belief in servant leadership: elevating others and guiding them to unlock their full potential.

QUESTIONS & ANSWERS WITH DR. OLABISI OSHIKANLU

Prioritizing work-life balance is essential. How do you personally maintain equilibrium, and what advice would you offer to professionals seeking harmony in their lives?

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After experiencing burnout in private practice, I made a conscious effort to prioritize work-life harmony. Sleep, fitness, and quality time with my family and friends are now non-negotiable aspects of my life.

I continue to work from the office so that I can fully recharge and return to work with renewed energy and focus.

Using time wisely enhances both creativity and productivity. This balance makes me feel younger, more vibrant, and better prepared to serve my clients and community. My advice? Define your boundaries and respect them; it's a gift to yourself and those you serve.

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As a role model for aspiring leaders, particularly those from people of colour, what core principles do you aim to impart through your journey and accomplishments?

My journey has taught me that success isn't bestowed upon you; it's earned through passion, resilience, and consistency. I want aspiring leaders, particularly those from underrepresented communities, to understand that their path won't always be easy.

Nevertheless, if they remain steadfast in their values, maintain their enthusiasm, and commit to continuous learning, they can achieve anything they set their minds to.

I firmly believe we are all here on assignment, with a unique purpose. As I often say, **"You are not an accident. You are not an afterthought. You are an assignment on assignment."**

I want others to embrace this truth and recognize that they have everything they need to rise above challenges and fulfill their potential.

Looking ahead, what are your aspirations for the future, and how do you intend to persist in making a lasting, positive impact not only within your industry but also beyond its boundaries?

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Every time I speak to young leaders, I remind them and myself of this powerful statements by John Maxwell:

I am a person of value:

I affirm myself regularly and silence any inner voice that questions my worth. Despite my accomplishments, I continue to remind myself of how priceless I am.

I value people:

As a servant leader, I show love, care, and empathy to those I lead. Without people, even the loftiest plans have no meaning.

I add value to people:

My goal is not to wield power over others but to empower them. This approach creates a ripple effect, yielding incredible personal and professional rewards.

These principles guide my aspirations to keep empowering others, fostering growth, and driving positive changes in every space I enter.

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What motivated you to pursue a career in leadership training, coaching, personal and professional development?

I was exhausted from living in a never-ending cycle of insanity! I was doing the same things over and over again, expecting completely different outcomes. Frustration, boredom, and a profound sense of emptiness fueled my desire for change.



The past year and a half have been the best of my life. Escaping the monotony through reading, coaching others, and implementing a personal growth plan has transformed every aspect of my life.

Today, I feel confident, joyful, and empowered, knowing that I am making a positive impact. Interestingly, people now regularly ask me to speak, and I eagerly accept—something I couldn't do before due to anxiety and fear. On Christmas Day 2024, my son said, **"Mommy, I love this version of you!"**

That single statement validated my journey and the growth I've achieved.

QUESTIONS & ANSWERS WITH DR. OLABISI OSHIKANLU

As a Certified Maxwell Leadership Speaker, Coach, and Trainer, what are the fundamental principles or values that shape your approach to leadership development?

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Two simple yet profound truths form the foundation of my approach.

1. Serve with excellence.

2. Deliver above and beyond expectations.

These principles ensure I always provide value, build trust, and inspire those I work with to achieve their best.

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Over the years, with extensive experience in leadership development and personal growth, what significant changes or emerging trends have you noticed in the field?

Although the delivery and packaging of leadership principles have changed over time, their fundamental truths remain timeless. Leaders like Tony Robbins, Jim Rohn, John Maxwell, and Zig Ziglar, despite belonging to different eras, impart the same enduring lessons about personal growth, vision, and human potential.

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How has your experience of failure influenced your leadership style and approach?

"Success is not final, failure is not fatal: It is the courage to continue that counts." — Winston Churchill.

Failure has been one of my greatest teachers, imparting clarity, creativity, and strength.

My first public failure was getting divorced in my 20s. Although I don't endorse divorce, that experience ultimately shaped my best life: raising my son as a single mother, establishing my practice,

achieving financial stability, and becoming a stronger and more capable individual. Failures like these have reinforced the significance of resilience and the ability to adapt, teaching me to view challenges as opportunities for personal growth.

In your opinion, what are the most crucial soft skills that leaders should develop to succeed in today's rapidly evolving and interconnected global environment?

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In today's rapidly evolving environment, leaders must prioritize these essential soft skills for success:

1. Emotional Intelligence: Understanding and managing your emotions and those of others is crucial for building trust and maintaining effective relationships.



2. Adaptability: Staying relevant requires flexibility in responding to changes, whether technological or situational.

3. Communication: Active listening and providing constructive feedback fosters collaboration and alignment.

4. Decision-Making: Leaders must make well-informed decisions swiftly, taking into account both the immediate and long-term consequences.

5. Collaboration: Leadership is not a solitary task. By fostering teamwork and valuing diverse viewpoints, we can enhance the strength and effectiveness of our teams.

6. Conflict Resolution: Resolving disagreements respectfully and focusing on solutions fosters a healthy team dynamic.

7. Resilience: Leaders must bounce back from setbacks and inspire their teams to do the same.

8. Creativity: Encouraging fresh ideas and innovation keeps teams competitive and forward-thinking.

9. Mentorship: Guiding others to grow not only helps develop future leaders but also creates a lasting legacy of empowerment.

Emotional intelligence, adaptability, and effective communication form a strong foundation for leadership success.

When combined with resilience and mentorship, these skills enable leaders to achieve lasting success.

Dr. Olabisi Oshikanlu
MD, FAAP, MBA, CPE

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SamDphotography

HUSBANDS' STORE

MOST HANDSOME



A brand-new "Husband Store" opened, where women can pick just the right man from a six-floor selection.

There's only one rule: once you go up a floor, you can't go back down—only exit. Here's what happened to one curious shopper:

Floor 1:

"Men who have stable jobs and love the Lord."

She thought, "That's nice... but maybe there's better upstairs."

Floor 2:

"Men who have jobs, love the Lord, and adore children."

Intrigued, she said, "Even better... but let's keep going!"

Floor 3:

"Men with jobs, a love for the Lord, a soft spot for kids, and incredibly good looks."

She gasped, "Whoa! This is great... but there might be more." So, she went up.

Floor 4:

"All of the above—plus they help with the housework!"

Her heart fluttered, "Unbelievable! Still... I wonder if there's more?"

Floor 5:

"They have jobs, love God, adore kids, look amazing, do housework, and are irresistibly romantic."

Almost perfect! She nearly chose one—but curiosity sent her to the top.

Floor 6:

A huge sign reads:

"You are the 94,500th visitor today. There are no men on this floor. This floor proves some people are never satisfied. Thank you for shopping at the Husband Store—please exit."

Moral of the story: Sometimes, when you keep searching for "perfect," you end up with nothing at all. Mark Twain said, "Continuous improvement is better than delayed perfection."

MONEY BAG



TALLEST



MOST ROMANTIC



BEST DRESSED



FINDING STRENGTH IN CAREER SETBACK

BY DR. AYO ADENUGA
MD MPH MBA

My Journey and How to Turn Setbacks into a Life of Impact

Career setbacks are seldom anticipated, and when they strike, they not only affect our professional lives but also test our personal resilience.

Life's journey is often filled with unexpected twists and turns, and sometimes, the most challenging moments can lead to significant transformations.

This was my experience in January 2024 when I unexpectedly faced a layoff.

After years of hard work and career achievements, I found myself at a crossroads when I was laid off following a restructuring and acquisition.


That day started like any other; I vividly recall the initial shock when I tried to log in but found I no longer had access.

An email informed me that my role was no longer needed. This revelation was a defining moment.

The news was painful, especially since my teenage children, who saw me as their strong and capable mom, struggled to comprehend how this could occur.

It would have been easy to let this setback define me, but instead, I chose to remember my true self and that my identity is not a measure of my work.

I embraced this setback as an opportunity to realign with my purpose and seek something more meaningful than mere success: a life of impact.



In sharing this experience, I aim to provide a roadmap for others encountering similar challenges. This article merges my personal journey with practical steps to empower you to seize control, grow, and emerge stronger from such experiences.

PAUSE, REFLECT, AND EMBRACE THE OPPORTUNITY FOR GROWTH

In the aftermath of a career setback, it's crucial to give yourself space to process the experience. In those initial moments, it's normal to feel devastated, disappointed, rejected, and fearful of the financial uncertainties.

However, amidst these emotions lies the potential for growth. It's essential to delve deeper and ask ourselves more profound questions.

Reflect on the lessons you've learned from this experience. Identify your true motivators and consider whether this setback has opened up new avenues for you.

Think about what you want to be known for and what legacy you want to leave behind.



For me, success was always about career growth and accolades. However, as I reflected, I realized that true fulfillment would come from making a positive impact on others.

ACTION ITEM:

Take some time to journal your thoughts and goals. Reflect on what success means to you and what you want to accomplish in the future.

Consider whether your values align with your past role or industry. This self-reflection can often lead you to discover a path toward your true purpose..

TURN ADVERSITY INTO OPPORTUNITY FOR SELF-DEVELOPMENT

When your path unexpectedly changes, it can be an ideal opportunity for personal growth. After my layoff, I seized this chance to learn and develop myself.

By Dr. Ayo Adenuga
MD MPH MBA

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I obtained my certification as a Maxwell Leadership Coach, connected with others, and embarked on new ventures, such as coaching parents and teens, which rekindled my passion.

Self-development isn't about hastily seeking the next job; it's about equipping yourself with essential skills that will enable you to make a lasting impact.

Investing in new skills or revisiting your past strengths can build the confidence and competencies required to pursue different roles or even explore new fields.

ACTION ITEM:

Explore various avenues for personal and professional growth. Consider enrolling in courses, seeking certifications, or finding a mentor to acquire new skills that align with your evolving purpose. Developing these skills now builds resilience and equips you to embark on your next chapter with confidence. A Harvard Business Review study revealed that individuals who actively engaged in self-assessment and goal setting demonstrated higher performance and greater resilience.

SEEK SUPPORT FROM YOUR NETWORK

Losing a job can be isolating, but it doesn't have to be. Having a strong support network made all the difference for me. I found immense comfort in the support from my family, mentors, and colleagues who encouraged me to keep moving forward. I also found inspiration in connecting with professionals within and beyond my industry, which opened doors to unexpected opportunities.

Often, reaching out to people within and beyond your industry can introduce fresh perspectives, potential job leads, or unexpected opportunities.

ACTION ITEM:

Reach out to mentors, former colleagues, or friends for advice and support. Share your situation and your willingness to explore new career paths. Be open to new possibilities—attend industry events, join online communities, or actively engage on platforms like LinkedIn. Let people know that you're open to new opportunities—they might just connect you with your next role.

PURSUE YOUR PASSIONS BEYOND THE WORKPLACE

While a career is a significant part of life, it's not the sole focus. Outside of work, I've embraced hobbies and projects that bring me immense joy and fulfillment, such as creating YouTube content on parenting and leadership. I've collaborated with a diverse range of partners, participated in podcasts, and trained over 1500 youths in leadership, communication, medical career exploration, and medical skills. Engaging in activities outside your job can provide a much-needed balance and help you rediscover your sense of purpose. Sometimes, these passions can even lead to new career opportunities.

ACTION ITEM:

Dedicate time to hobbies or side projects that energize you. Whether it's writing, volunteering, or starting a small business, pursuing these interests can restore your sense of accomplishment and may even lead to a new career path.

REDEFINE SUCCESS AND EMBRACE THE JOURNEY FROM SUCCESS TO SIGNIFICANCE

This setback prompted me to redefine success. Instead of viewing it solely as a career-oriented goal, I broadened my perspective to encompass the impact I make on others and my contributions to society.

This shift in focus has been instrumental in my journey since my layoff. Instead of solely pursuing traditional success, I now dedicate myself to empowering others through coaching, mentorship, and community engagement. This shift in emphasis on impact and significance has brought me greater fulfillment than any previous title or salary ever could.

By refocusing your attention from solely professional achievements to a purpose-driven life, you can enrich your journey and lead to a more fulfilling career.

ACTION ITEM:

Ask yourself, "What am I known for?" and "What do I want to be known for?" Create a personal mission statement that reflects not just professional accomplishments but your deeper purpose and how you want to impact the lives around you.

EMBRACE AUTHENTICITY AND PURPOSE

Living a life of significance begins with authenticity. Throughout my journey from success to significance, I've come to realize the significance of presenting my true self. Authenticity enables meaningful connections with others and aligns one's life with their values.

While pursuing my passion and purpose, I actively sought job opportunities by applying for positions, seeking referrals, and recommendations.



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The strategy is to generate income that will fund my business, my passions, and pay my bills. My goal is to gradually reduce my 9-5 job while simultaneously building my business.

This alignment with my purpose provides me with long-term resilience and happiness, even during challenging times.

ACTION ITEM:

Define your purpose and consider how it aligns with your values and passions. Pursue this purpose with integrity and authenticity. Living authentically not only brings you fulfillment but also inspires those around you.

MOVING FORWARD

Career setbacks can be challenging, but they can also serve as a catalyst for growth, self-discovery, and a renewed sense of purpose.

Losing my job, initially painful, transformed into one of the most transformative periods of my life. It compelled me to pursue my passions, redefine success, and embrace a path of significance.

I founded my public health and leadership development consulting firms and a nonprofit organization. Regardless of title or position, we can all make a positive impact. Success may be fleeting, but significance endures. Remember, this setback doesn't define your journey, worth, or identity; it refines them.

Embrace the change, introspect, and boldly step toward a life of purpose and impact.



• Professional Background:

Dr. Michael Koku is a Maxwell Leadership Independent Executive Director and Certified Speaker, Coach, and Trainer specializing in Leadership development, communication skills, team building and personal growth.

• Expertise and Services:

Dr. Koku offers facilitation, speaking, training, and coaching services in leadership, professional skills, and personal growth, with a focus on improving productivity, performance, and profitability.

• Speaking Style:

Dr. Koku is known for simplifying complex ideas and presenting them in a clear and engaging manner, making them easy to understand and apply.

• Training Expertise:

Dr. Michael has trained professionals from various countries in diverse fields, including Education, Business, Healthcare, and Non - Profit.

• Publications:

With eleven influential books, including 4 Keys for Effective Leadership, The AREA Code: Unveiling the Essence of Servant Leadership, LIVE LIFE BIG: Don't LEAVE Your Dream, LIVE Your Dream, and THE MENTORSHIP ADVANTAGE: WHY MENTORSHIP MATTERS he offers practical strategies for today's challenges."

Connect!

Dr. Michael Koku's services include Keynote Speaking, Executive Coaching, Leadership development Workshops and Leadership Retreat for organizations helping them to increase their organizational goals and increase their productivity.

• Leadership Initiatives:

Leading the LAMP Global Community, Dr. Koku drives initiatives like WILL (Women In Leadership League), PEARL (Parents Empowered Academy for Right Leadership), YES (Youth Empowerment Society), and TBN (The Berean Network).

• Professional Goal:

Dr. Koku aims to enrich lives and make meaningful contributions to humanity.

• Approach to Work:

Driven by a deep sense of purpose and integrity, Dr. Koku strives to leave a lasting impact through transformative leadership training, insightful coaching, and inspiring speaking engagements.

• Impact and Recognition:

Dr. Koku's commitment to uplifting others has led to measurable outcomes and tangible successes, earning him the prestigious Salvation Army Ray Welsh's Employee of the Year award in 2018.

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Dr.
Michael
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BREAKING STEPPING OUT OF YOUR COMFORT ZONE FREE

Founder and CEO McLean Coaching and Consulting, LLC
Author of *You Belong in the Room: Activating the Power of Self-Leadership*

In my debut book, *"You Belong in the Room: Activating the Power of Self-Leadership,"* the first chapter, titled *"The Bedroom: The Comfort Zone,"* introduces readers to the bedroom as a metaphorical and literal haven of comfort.

When I think of a place that embodies safety and comfort, my bedroom immediately comes to mind. It's my sanctuary, my retreat from the world—a place where I can close the door, take a deep breath, and simply be. I'm sure you have a similar space, whether it's your bedroom, your couch, or even a cozy corner of your home.

For me, the bedroom represents the ultimate comfort zone—a space where everything feels familiar and secure. However, here's the catch: while that comfort feels great, staying in that zone for too long can hinder our growth and prevent us from evolving.



Let me paint a picture of my bedroom. It's not just about the physical space—the soft blankets, the supportive pillows, the calming colors on the walls—but the feeling it evokes. It's cozy, like a warm embrace at the end of a long day. There's a sense of security in knowing that this space is mine, where I can let my guard down and feel safe from the demands of the outside world.

My bed, the centerpiece of this room, embodies all that comfort. And then there's my little mini library tucked away in the corner—a quiet reminder of my passion for reading and personal growth.

However, the truth is, even though I have books in that library that could broaden my horizons, I can get so engrossed in lying in bed, scrolling through my phone or watching TV that I forget to stretch myself. Does that sound familiar?

Staying in my comfort zone might feel good in the short term, but it's not where growth occurs. In fact, it's the opposite. The comfort zone can become a cozy prison, where you feel safe but stop pushing yourself.

You stop reaching for more because the effort feels too uncomfortable. Before you know it, you're stuck.

I began to ponder the challenging questions: "What if I attempt something novel and it fails? What if people reject me?

What if I lack the necessary skills?" These are genuine concerns, and I'm certain you've contemplated similar queries at some point.

However, here's what I've discovered—yes, venturing beyond that familiar comfort zone is intimidating, yet it remains the sole path to personal growth.

Dr. Sheri-Ann McLean-Williams

One of the most significant lessons I've learned on this journey is that comfort is a fleeting state.

It may feel pleasant in the present moment, but if we remain in that state for an extended period, it can hinder our progress.

There's a profound piece of wisdom that encapsulates this concept perfectly: "Comfort is a cozy prison; it provides temporary safety but births perpetual stagnation afterward.

It's only when we're willing to break free from our comfort zones and embrace new challenges that we truly discover our full potential.

Let me share a personal story with you. When I was 15, I participated in a history essay competition in Jamaica. Now, I'm naturally an introvert, and venturing out of my comfort zone was an immense challenge.

The prospect of competing and potentially failing terrified me. However, I had a deep passion for history, and I decided to give it a try.

I entered the competition, poured my heart into it, and to my astonishment, I secured the third position! I was the sole female winner throughout the entire country.

That moment taught me a valuable lesson: if I hadn't taken that leap of faith, I would never have discovered my potential and capabilities.

Looking back, that experience was a defining moment in my life. It's easy to remain in our comfort zones, doing the things that feel safe and familiar.

However, the true magic occurs when we venture into the unknown.

That's where we grow, where we achieve things that seemed impossible.

BREAKING

STEPPING OUT OF YOUR COMFORT ZONE

FREE

Founder and CEO McLean Coaching and Consulting, LLC

Author of *You Belong in the Room: Activating the Power of Self-Leadership*

I understand your apprehension about stepping out of your comfort zone. Trust me, I empathize with your feelings. I still grapple with fears of failure, and I know I'm not alone in this.

We all harbor the fear of falling short. However, I've come to realize that failure isn't the ultimate demise; it's a stepping stone to success. Each failure serves as a valuable lesson that propels us closer to achieving our goals.

In fact, I've learned more from my missteps than from my triumphs because failure compels me to introspect, adapt, and grow.

Then there's the fear of the unknown, isn't there? I recall the first time I attempted horseback riding. I was so apprehensive that I could barely breathe.

However, I persevered through my fear, mounted the horse, and to my surprise, it transformed into one of my most cherished pastimes.

That experience taught me that the fear of the unknown is frequently merely a fear of venturing beyond my comfort zone.

On the other hand, on the other side of that fear lies an entire world brimming with new experiences yearning to be explored.

But here's the most surprising thing—sometimes, we're not even afraid of failing. We're afraid of succeeding. It might sound strange, but consider this: what if we achieve something extraordinary? What if people start expecting more from us?

That's a frightening thought because success comes with responsibility. However, I've discovered that the fear of greatness can be just as limiting as the fear of failure. We owe it to ourselves to rise to the occasion, even if it feels overwhelming initially.

Sometimes, it's not fear that keeps us in our comfort zones. Sometimes, we're simply content. Things are good, and why rock the boat, right?

However, here's the catch: staying too comfortable for an extended period can become a trap. Growth doesn't occur when we're content; it happens when we challenge ourselves to do more and be more.

I want to leave you with this: your bedroom, your sanctuary, may feel safe, but that's not where you're truly meant to be. While it's crucial to rest and recharge, personal growth requires stepping out into the world. You need to challenge yourself, confront your fears, and embrace the unknown. That's where your full potential lies.

Let's agree that comfort zones are pleasant, but they're not the breeding ground for greatness. True growth occurs when we embrace the risk and venture into the discomfort. So, what's your initial step? What's the "bedroom" you need to leave behind?



Dr. Sheri-Ann McLean-Williams

The profound connection between EMOTIONAL INTELLIGENCE & SELF-ESTEEM

By Sophia Bolanle Okunowo M.M.Psy.

I find this topic quite intriguing and believe it could be an enlightening experience, offering both comprehensive knowledge and a sense of healing for our inner selves.

In today's fast-paced, interconnected world, the pursuit of personal growth is often seen as a journey toward becoming more adept at managing life's challenges.

Two crucial pillars that support this growth are emotional intelligence (EI) and self-esteem.

These two concepts, though seemingly distinct, are intricately interconnected, forming a feedback loop that influences our interactions with ourselves and others.

Recognizing their connection is crucial for cultivating greater self-awareness and achieving a more fulfilling life.

EMOTIONAL INTELLIGENCE

Emotional intelligence, as defined by psychologist Daniel Goleman, is the ability to recognize, understand, manage, and influence both our own emotions and those of others. It encompasses five key components:

1. Self-Awareness:

Recognizing our own emotions and their influence on our actions and decisions.

2. Self-Regulation:

Managing our emotional responses in different situations.

3. Motivation:

Using emotions to motivate positive behavior and accomplish goals.

4. Empathy:

Understanding and empathizing with the emotions of others.

5. Social Skills:

Effectively managing relationships and building networks is crucial for success.

These components collectively enhance our ability to navigate complex social environments, make well-informed decisions, and maintain healthy relationships.

Understanding Self-Esteem

Self-esteem, which encompasses our overall sense of self-worth and value, acts as a lens through which we perceive our abilities, potential, and position in the world. A healthy self-esteem equips us with the confidence and resilience to confront life's challenges, while low self-esteem can manifest as feelings of inadequacy and self-doubt.

THE SYMBIOTIC RELATIONSHIP BETWEEN EI AND SELF-ESTEEM

Emotional intelligence and self-esteem are two distinct concepts, yet they have a profound and mutually influential impact on one another.

1. Self-Awareness and Self-Perception

Self-awareness, a cornerstone of emotional intelligence, plays a pivotal role in building self-esteem.

When we are attuned to our emotions and comprehend the reasons behind our feelings, we can address negative self-talk and identify areas where we may be overly critical of ourselves.

This awareness empowers us to challenge our inner narratives and replace them with more constructive thoughts.

Consequently, our perception of ourselves undergoes a shift, forming the foundation for healthier self-esteem.

2. Self-Regulation and Confidence

Managing our emotions directly impacts our confidence. By controlling impulsive reactions and responding thoughtfully, we feel more in control of our lives.

This sense of control is crucial for self-esteem, as it reinforces the belief that we can handle challenges.

For instance, an individual who practices self-regulation might manage workplace stress with composure, leading to a sense of pride and enhanced self-worth.

3. Empathy and Social Validation

Empathy enriches our relationships by fostering deeper connections and understanding.

When we engage with others empathetically, we create an environment where open communication and trust can flourish. The positive feedback from these interactions boosts our self-esteem, as it reassures us of our value and reinforces a sense of belonging.



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Feeling seen and appreciated by others helps us internalize our worth, making us more confident in our abilities and roles.

Breaking the Cycle of Low EI and Self-Esteem

Low emotional intelligence and self-esteem can trap individuals in a self-doubt cycle.

For example, someone who lacks self-awareness might misinterpret their anxiety, attributing it to personal flaws instead of external stressors.

This misinterpretation can damage self-esteem and, consequently, hinder the development of emotional intelligence.

Breaking this cycle demands a deliberate commitment to personal growth through mindfulness practices, self-reflection, and seeking constructive feedback.

Building Both EI and Self-Esteem: Practical Steps

1. Practice Mindfulness:

Regular mindfulness exercises can enhance your emotional awareness and reactions. By practicing non-judgmental observation, you can respond thoughtfully rather than impulsively.

2. Engage in Self-Reflection:

Take some time to reflect on your emotional responses throughout the day. Ask yourself questions like, "What triggered my reaction?" and "How could I have handled it differently?"

3. Challenge Negative Self-Talk:

Replace negative thoughts like "I'm not good enough" with evidence-based affirmations.

Reflect on your past successes and the unique qualities that make you special.

4. Develop Empathy Through Active Listening:

Strengthen your relationships by giving others your full attention when they're speaking. This practice will deepen your sense of connection and self-worth.

5. Set Realistic Goals:

Achieving goals not only boosts self-esteem but also strengthens motivation, which is a fundamental aspect of emotional intelligence.

Begin with small, attainable steps that gradually build confidence over time.

Conclusion

Emotional intelligence and self-esteem are not just beneficial qualities; they are essential elements of personal growth. Their interconnected nature means that as we develop one, we naturally enhance the other.



By nurturing emotional intelligence, we gain the ability to understand and manage our emotions, which in turn fosters a sense of self-worth that propels us toward success and fulfilment.

By recognizing this connection, we can unlock our full potential and live a life brimming with confidence, empathy, and purpose.

Recognizing our inherent potential for greater fulfilment, we should diligently cultivate both emotional intelligence and self-esteem—not merely for our benefit, but as a source of inspiration and fortitude for those in our lives.

EXPLORING THE EFFECTS OF GARDENING ON BRAIN HEALTH

Grace Krobo Edusei
Maxwell Leadership Executive Team
Certified Brain Health Coach



Amidst the demands of contemporary life, characterized by the pervasive influence of screens and the pervasive nature of stress, the resurgence of nature as a source of solace has become evident.

Gardening, once an integral aspect of human existence, has regained its prominence not only for its aesthetic allure but also for its potential to impact cognitive function positively.

As urban sprawl continues, the act of cultivating a garden provides an unparalleled and transformative experience that profoundly affects our overall well-being.

CULTIVATING MINDFULNESS AND REDUCING STRESS

The simple act of tending to plants can have a profound impact on our mental well-being. Gardening often demands focused attention and patience, drawing us into the present moment—a practice known as mindfulness.

Engaging with the textures, colors, and scents of the garden, we redirect our focus away from the distractions that often plague our minds. This immersion in nature can significantly reduce stress and anxiety levels, fostering a sense of tranquility that rejuvenates both the body and mind.

NATURAL MOOD ENHANCEMENT

Gardening can be likened to a natural antidepressant. The exposure to sunlight triggers the release of serotonin, commonly known as the “feel-good” hormone. Additionally, the act of nurturing and observing plants grow and flourish evokes a sense of accomplishment and pride, leading to a positive emotional response. The visual aesthetics and sensory experiences of the garden can also stimulate the production of dopamine, another neurotransmitter associated with pleasure and reward.

PHYSICAL ACTIVITY AND COGNITIVE BENEFITS

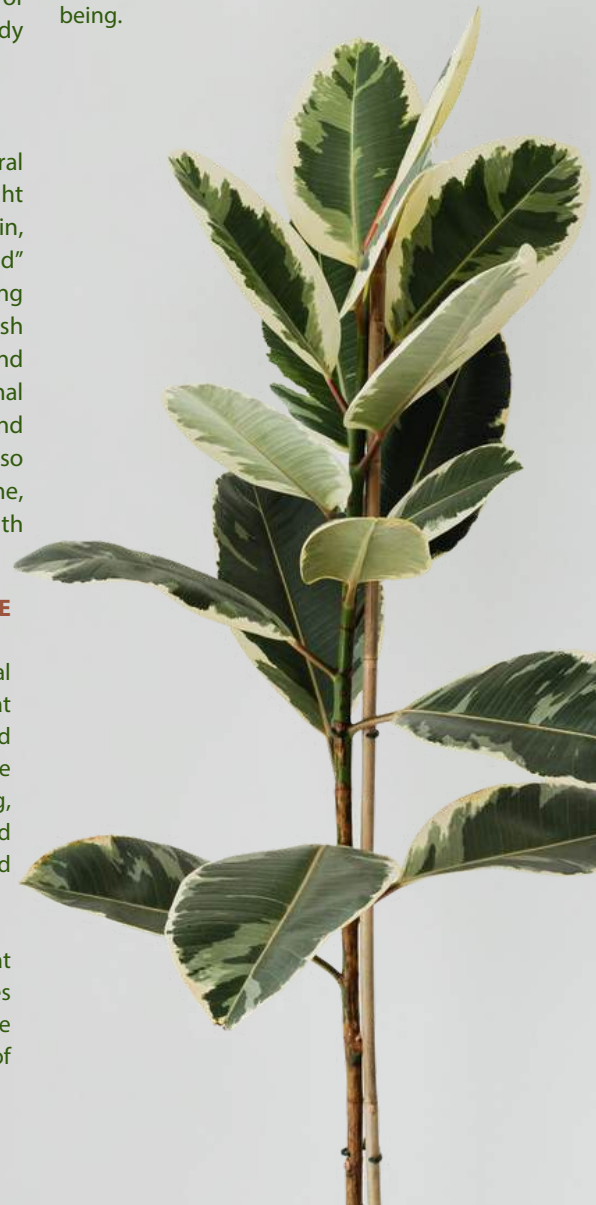
Gardening is not merely a recreational activity; it is a physical exercise that engages multiple muscle groups and promotes flexibility and strength. The movements involved in digging, planting, and weeding can contribute to improved cardiovascular health and increased blood circulation.

Furthermore, research indicates that regular participation in physical activities such as gardening can enhance cognitive function and may even reduce the risk of cognitive decline as we age.

CONNECTION WITH NATURE AND NEUROLOGICAL BENEFITS

There exists an inherent connection between humans and nature, commonly referred to as “biophilia.” Engaging with natural environments has been demonstrated to have a positive impact on cognitive function. Gardening, as an extension of this connection, has been associated with reduced mental fatigue and enhanced concentration.

It is believed that exposure to nature and green spaces can augment cognitive function and support neurological well-being.



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FOSTERING CREATIVITY AND PROBLEM-SOLVING SKILLS

Cultivating and maintaining a garden demands a certain level of creativity and problem-solving.

The decision-making process, including selecting appropriate plants and comprehending their specific requirements, fosters critical thinking abilities.

Additionally, adapting to changing environmental conditions, such as pests, weather fluctuations, and soil conditions, encourages innovative problem-solving skills, stimulating cognitive development.

SOCIAL INTERACTION AND COMMUNITY

Gardening frequently involves collaboration, fostering social interaction and a sense of belonging within. Gardening frequently involves collaboration, fostering social interaction and a sense of belonging within communities or among family and friends.

These connections have a substantial impact on mental well-being, alleviating feelings of isolation and establishing a supportive network.

CONCLUSION

Gardening transcends the realm of a mere hobby, serving as a multifaceted therapeutic journey that engages the physical, emotional, and cognitive dimensions of the individual.

Its impact on brain health is profound, encompassing stress reduction, enhanced mood, promotion of cognitive function, and fostering creativity.

Amidst the intricate challenges of contemporary life, the act of cultivating a garden emerges as a pathway to holistic well-being, reinforcing the profound connection between humans and the natural environment.

Whether you possess a spacious backyard or limited space on a balcony, consider embarking on the transformative experience of gardening, not only to nurture your plants but also to nurture your mind.



LOVE IN THE REARVIEW

A STORY OF LIMERENCE AND REDEMPTION

By Dunamis Okunowo

The Beginning

Sally first saw Buddy by the coffee machine on a Tuesday morning. He was laughing at a colleague, his sleeves rolled up.

From that moment, Sally felt drawn to him. His gestures and words seemed secretive, meant only for her. She replayed their interactions, searching for proof he felt the same.

This wasn't just a crush. It was limerence—a state of intense romantic infatuation. Psychologist Dorothy Tennov described limerence as a multifaceted set of emotions and behaviors, both exhilarating and torturous.

Sally's intrusive thinking consumed her. She replayed their conversations, analyzing every word and fantasizing about future interactions. Her thoughts left little room for anything else.

Craving Buddy's attention, validation, and affection, she yearned for physical and emotional closeness beyond friendship.

Every smile felt like a victory, while indifference crushed her. Her mood swung wildly based on his actions. A kind word lifted her, while a missed text or greeting plunged her into despair.

Sally idealized Buddy, seeing him as flawless and otherworldly. She overlooked his quirks and imperfections, creating a fantasy image. This idealization deepened her infatuation, making rejection unbearable.

She was blind to his flaws, even when friends pointed them out. To her, Buddy was perfect, fueling her longing.

Her emotions swung wildly between euphoria and anguish. When Buddy laughed at her joke or lingered, she felt invincible. But when he seemed distracted, she was consumed by doubt and insecurity.

These highs and lows became her new normal, a cycle she couldn't escape. She felt swept away, as if her emotions were a tidal wave she couldn't stop. The uncertainty of his feelings only added to her anxiety, leaving her in constant emotional turmoil.

Sally's compulsive behaviors included rearranging her schedule to meet Buddy, volunteering for his projects, adopting his hobbies, and dressing in ways she thought he liked.

Her friends and work suffered, but Sally remained undeterred by the slim possibility of reciprocation.

She texted him more often, crafting messages to elicit a response, and analyzing his replies. Her actions felt automatic, driven by an uncontrollable force.

Then, Buddy mentioned his girlfriend casually. The news shattered Sally's fantasy of a future together. Yet, she couldn't fully let go. The lingering limerence haunted her long after the truth set in.

The Impact on Sally's Marriage

Sally's infatuation with Buddy affected her marriage. Despite her efforts to separate the two worlds,

James noticed changes. Sally seemed distracted during conversations, spent more time on her phone, and pulled away when he tried to kiss her.



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The emotional and physical distance grew, and James felt something was wrong.

Unaware of Sally's disconnect, James felt the distance. He tried to reach out, but she brushed off his concerns. Sally was emotionally detached, her heart and mind tied to Buddy. The more she fantasized, the harder it became to connect with James. She avoided intimacy, burdened by guilt and shame.

Sally's limerence affected her marriage. James withdrew, feeling isolated. Trust and intimacy eroded. Sally knew she damaged it, but limerence pulled her further.

One evening, after a tense dinner, James confronted her. "Sally," he said, angry and hurt, "I feel lost. You're here, but not here. What's happening?"

Sally froze. She wanted to explain, but words failed. How could she admit fantasizing about someone else? Feeling swept away by uncontrollable emotions? Instead, she apologized and retreated, leaving James alone.

Their Sexual Life

Sally and James's marriage strained due to sexual issues. Once a source of connection, it became tense and disconnection.

Sally found intimacy difficult. Thoughts of Buddy consumed her, making it hard to be present with James. During intimate moments, she imagined Buddy touching her, leading to guilt and uncontrollable fantasies. She knew it was wrong, but the pull was strong.

The dissociation was automatic, as her mind built a wall to protect the fantasy.

James felt the distance acutely. He longed for their closeness but every attempt to reconnect pushed Sally away. He wondered if she still loved and found him attractive, which stung. The more he tried, the more he felt like a stranger in his marriage.

The emotional gap widened. Sally's fantasies about Buddy created an impenetrable barrier for James. He felt isolated, resentful, and the intimacy that once bonded them now caused pain.

Sally grappled with guilt and shame, but her longing for Buddy was stronger. She felt trapped between her marriage and her infatuation, unable to fully commit. Avoiding intimacy made her feel isolated, but confronting her feelings seemed impossible.

The Denial

After Buddy mentioned his girlfriend, Sally's limerence persisted, though now tinged with bitterness and longing. She told herself it was harmless, coping with her monotonous life. But deep down, she knew it was more than that—a fantasy taking a toll on her marriage.

James noticed Sally's glazed eyes and distant demeanor during conversations. He tried to address it, but she deflected or dismissed his concerns.

"You're imagining things," she snapped one evening. "I'm tired, stressed from work. Can't you give me a break?"

James frowned, feeling the distance grow. But Sally refused to acknowledge it, turning the conversation on him.

"Maybe you're checking out," she accused. "You're critical lately. Maybe you're unhappy."

Stunned, James tried to explain his concern, but Sally shut down the conversation, retreating into herself.

Sally's denial of her feelings for Buddy and their impact on her marriage became their pattern. She deflected, projected, or denied any issues, unable to admit her feelings to herself or James. The shame and guilt overwhelmed her, leading her to blame James for her unhappiness.

Her denial manifested in gaslighting, subtly undermining James's perceptions and emotions. She laughed off his concerns about her late-night texting and accused him of insecurity when he questioned her distance during intimate moments. She even blamed him for her unhappiness, suggesting he should be more attentive or romantic.

James was left confused and emotionally unsafe by Sally's manipulation. He doubted himself and became increasingly insecure and angry due to the frustration.

Sally's denial hurt James and herself. The more she pushed him away, the more isolated she felt, but she couldn't confront the truth. Admitting her feelings meant prioritizing a fantasy over her marriage, a truth she wasn't ready to face. Instead, she doubled down on her denial, clinging to the idealized image of Buddy and the fantasy of what could have been.

Sally's denial affected their relationship. James withdrew emotionally, stopped talking to her, and their intimacy suffered.

Sally's fantasies about Buddy made it hard for her to be with James, and her guilt and shame worsened her disconnection. She avoided intimacy, using excuses like fatigue or stress.

Sally's denial consumed her. She was trapped in a fantasy-denial cycle, unable to break free. But she knew something had to change. The distance between them was unbearable, and her guilt gnawed at her. She didn't know how to fix it.

The Chaos of Multiple Limerent Objects

As weeks passed, Sally's limerence intensified. Buddy no longer held sole focus. A new coworker, Alex, with quiet confidence and sharp wit, ignited her fantasies. Then, Jake, an old college friend, sparked nostalgia and became a fixture in her daydreams.

Sally's mind revolved around limerent fantasies, each vivid and consuming. She imagined futures with Buddy, romantic getaways with Alex, or rekindling with Jake. The constant shift disoriented her, as if living multiple lives.

Work suffered. She stared blankly at her computer, mind wandering to limerent objects. Meetings blurred, deadlines slipped. Colleagues noticed, adding stress.

Home chaos worsened. James, a stranger, reminded her of neglected life. She kept up appearances, mind flitting between Buddy, Alex, and Jake. She zoned out during conversations with James, consumed by fantasies.

Sally felt overwhelmed by conflicting emotions and fantasies. Guilt and shame deepened, but she buried them, convincing herself she could handle it.



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However, she couldn't. Juggling fantasies made her lose touch with reality. She confused daydreams with events, misremembering conversations. Her relationships suffered as she struggled to maintain the facade.

After a chaotic day, Sally sat on the couch, staring at the TV. James tried to engage her, but she couldn't focus. Her mind was a whirlwind of conflicting emotions and fantasies. She felt overwhelmed by her desires.

"Sally, are you listening?" James asked, cutting through the fog in her mind.

Startled, she blinked. "Yeah, of course," she said, but she didn't understand him.

Frustrated, he sighed. "You've been like this for weeks. I don't even know you anymore."

His words hit her hard. She wanted to lash out, but she didn't know who she was either. Her limerent fantasies had left her lost and disconnected, not just from James, but from herself.

Later that night, as they prepared for bed, Sally tried to bridge the gap. She reached out to James, her voice soft. "James, I—" she began, but the name caught her throat. For a split second, she almost said "Buddy."

She froze, her heart pounding. James heard her stumble, his eyes narrowing. "What did you say?" he asked, his voice low.

Sally flushed with shame. "Nothing," she said quickly, her voice trembling. "I just got confused."

But James stared, hurt and disbelieving. "Confused about my name?"

Sally couldn't meet his eyes. The weight of her actions crashed down. She felt unraveling, her life's threads tangled.

James turned away, angry and disappointed. "I don't know what to say," he said quietly and walked out.

Sally stood there, mind racing. The accidental slip shattered her facade, exposing chaos. Panic surged, but beneath, relief. The truth—or at least part of it—was out.

The Breaking Point and Seeking Help

After a tense dinner, James tried to discuss their relationship again, but Sally dismissed him. This time, he refused to back down.

"Sally," he said, his voice trembling with anger and hurt, "I can't keep doing this. I feel like I've lost you. You're here, but you're not here. What's happening?"



Sally froze, wanting to tell James the truth, but the words wouldn't come. Instead, she lashed out, accusing him of controlling her. But this time, he didn't react.

"I'm not the problem," he said softly. "Until you admit it, we won't progress."

His words struck her like a gut punch. For the first time, she couldn't deny her actions—gaslighting, manipulation, and distance. Shame and guilt overwhelmed her, but there was also relief that someone called her out.

That night, Sally lay awake, thinking about James, Buddy, and her new self. She didn't like what she saw. She faced her denial and admitted her issues. Divine strength surged, and she decided to confront the problem.

The next morning, she made a decision: she couldn't keep living like this. She needed help.

Overcoming Denial and Addressing Limerence

Sally's journey to overcome denial and address limerence was challenging but necessary. She kept a journal, documenting her thoughts, feelings, and behaviors. Initially painful, self-reflection became a tool for growth.

She identified triggers like loneliness and insecurity, exploring unmet emotional needs that drove idealization. She recognized objectification, turning fantasies into real persons with flaws.

With therapy, Sally unpacked shame and guilt, learning to acknowledge and understand emotions without judgment.

She rebuilt her relationship with James, communicating openly and repairing the broken trust.

It wasn't linear.

Setbacks and relapses overwhelmed her, but time, prayers, fasting, patience, and support helped her break free from denial and fantasy. She focused on gratitude, nurturing her emotional connection with James, and prioritizing her well-being.

Limerence, distinct from love, is an all-encompassing but often transient or unrequited emotional state.

For Sally, it taught the power of the human heart to create imaginary worlds and the resilience to let them go. It also reminded her that true intimacy requires vulnerability, honesty, and confronting self-and-relationship truths.

Keypoints:

Definition: Limerence is a state of intense romantic infatuation characterized by a strong desire for reciprocity.

Key Features: Intrusive thinking, longing for reciprocity, dependency, idealization, intense emotional fluctuations, and compulsive behaviors.

Types of Obsessive Gazing: Obsessive gazing in limerence can manifest as admiring gazes or intense staring, reflecting the emotional intensity of the experience.

Emotional Disconnection: Limerence can cause emotional disconnection during intimacy, making it difficult to maintain emotional intimacy.

Limerent Characteristics: Increased libido, Eroticization, Obsessive thinking

Denial Reasons: Shame, Fear of rejection, Fear of loss of control, Protection of ego

Denial Behaviours: Gaslighting, Projection, Emotional manipulation, Self-preservation, Lack of empathy

Consequences: Emotional distress, Anxiety, Depression in partners

Breaking the Cycle: Seek professional help, open communication, and emotional validation.

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By Dunamis Okunorwo

BS (GRP), MCLA

A POLYMATH, STORY
TELLER, THERAPIST,
PASTOR, MARRIAGE
COUNSELOR

Resilience and Self-Care in the Workplace

A Pathway to Thriving Through Challenges by Lysa Mandip



Approximately six years ago, I found myself at a pivotal juncture in my life. After countless nights of silent frustration and an intensifying sense of isolation, I made the arduous decision to pursue a divorce.

As I finalized the legal proceedings, I was enveloped by a complex interplay of relief and anxiety. One aspect was unequivocal: I was embarking on an uncharted path, akin to receiving a blank canvas that simultaneously exhilarated and terrified me.

With unwavering determination to embrace this new chapter, I embarked on a journey of self-care, engaging in diverse activities such as joining a Zumba class and participating in a women's entrepreneurship club. Each step I took felt like a progressive step towards reclaiming my authentic self.

As the months passed, I gradually grasped the concept of resilience, learning to navigate the intricate challenges of my new life.

cultivated new friendships and rediscovered passions that had been dimmed by the burden of my previous marriage.

Relocating to the United States proved to be a therapeutic catalyst, enabling me to grow in ways that I had never anticipated.

As time progressed, I experienced a gradual increase in my confidence and assertiveness in my newly adopted identity.

One of the most gratifying outcomes of my unwavering commitment to self-care and resilience has been the realization of my aspiration to become an entrepreneur in the United States.

Presently, I am the proud owner of a Homecare business, which, to me, embodies the very essence of resilience and all the invaluable lessons learned through adversity.

By recognizing that my past experiences were merely events rather than defining my identity, I have gained the empowering ability to transcend their limitations and instead focus on the future with unwavering hope and optimism.

Resilience and Self-Care in the Workplace

*A Pathway to Thriving Through
Challenges by Lysa Mandip*



WHAT IS RESILIENCE?

Resilience is the extraordinary capacity to recover from setbacks, adapt to change, and persevere in challenging circumstances. It transcends mere endurance; it entails actively confronting challenges, drawing from experiences, and emerging with enhanced resilience.

As the great Maya Angelou once said, ***“You may encounter many defeats, but you must not be defeated.”*** In the workplace, resilient individuals are not only more likely to maintain high levels of performance but also inspire their teams and contribute to a positive organizational culture.

In the rapidly evolving and unpredictable business landscape of today, resilience has emerged as a cornerstone of success.

Professionals face a myriad of challenges, encompassing economic fluctuations and the rapid pace of technological advancements, which can lead to substantial stress and burnout. In light of this context, self-care has emerged as a crucial practice, not only supporting individual well-being but also fostering resilience within organizations.

HOW SELF-CARE TRANSLATES TO BUILDING RESILIENCE:

Self-care encompasses a broad spectrum of practices designed to maintain physical, mental, and emotional well-being.

It serves as the cornerstone upon which resilience is constructed, enabling professionals to effectively manage stress and adversity.

As the renowned author Audre Lorde aptly stated,

“Caring for oneself is not self-indulgence;

it is self-preservation.” Here are several ways self-care contributes to resilience within the workplace:

1. Stress Management:

Regular self-care activities, including exercise, meditation, and adequate sleep, can effectively reduce stress levels.

When professionals prioritize their well-being, they are better equipped to manage workplace demands.

2. Enhanced Focus and Productivity:

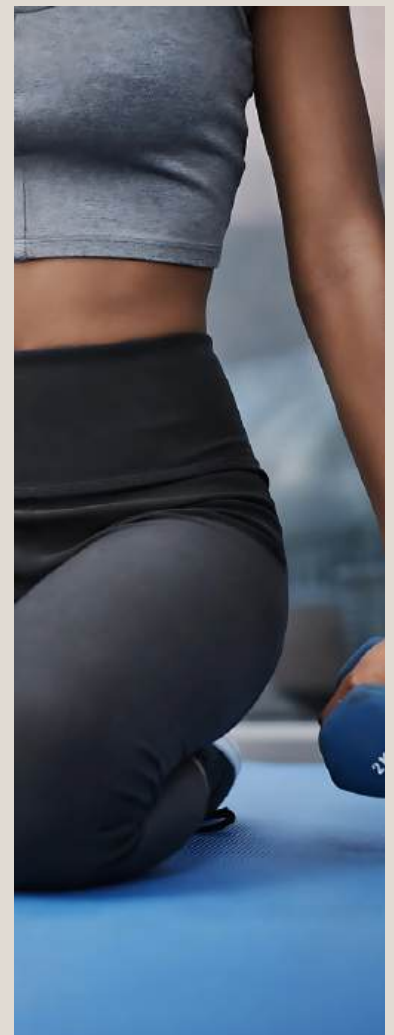
Engaging in self-care practices can significantly enhance focus and productivity.

Well-rested and emotionally balanced individuals tend to exhibit improved concentration and overall productivity, enabling them to produce high-quality work and make well-informed decisions.

3. Emotional Regulation:

Self-care practices provide individuals with a safe environment to process their emotions and manage their reactions to challenges.

This emotional regulation enables professionals to respond thoughtfully rather than react impulsively, thereby fostering greater resilience.



IT IS TIME TO PIVOT

**DR. BRYNN DOMBROSKI,
PH.D., M.ED., BCBA, LBA**

As children we are encouraged to dream big and are told that we can be whatever we want to be when we grow up. As we mature and start to develop our skills, we begin to narrow down our focus to what it is we want to be. Many of us spend years climbing the corporate ladder, finally achieving and settling into our coveted role at the top, while others feel they have reached a plateau and no longer feel fulfilled. This article is for those who feel stuck and unfulfilled. It is time to pivot! **P-I-V-O-T: Prepare, Innovate, Visualize, Overcome, and Transform!**

When you've reached a plateau, it's time to self-assess your skills and aspirations as you **prepare** for a new chapter in your life. What are the things you do that bring you joy? What are the things people come to you to do because you're natural at it? What are the things you once said you wanted to do for a career or a side gig that you put on the back burner? Once you have identified those things, take some time to research keywords online that describe what it is that you want to do and look for people who are already doing what you want to do successfully.

Next, it's time to **innovate!** Embrace a growth mindset and get creative! Think of all the skills you have and how those skills can easily transfer into other career fields. What problem does your new career solve for others? Is there an existing company doing what you want to do that you want to work for? Or are you providing a niche product or service that no one else has ventured into yet?

Once you know what it is you want to do, **visualize** the process of transitioning from where you are to where you want to be. Then, set clear, achievable goals to take you there.



What does success in this new career field look like for you? Work backwards as you start with the end in mind to set your annual, quarterly, monthly, and weekly goals.

It's common to experience doubt or even imposter syndrome as you chart a new path and navigate new waters for yourself. Growth and comfort cannot coexist, so you have got to get comfortable being uncomfortable and **overcome** any challenges you face head-on. There may be some setbacks, but just remember that a setback is a set up for your next big adventure. Allow yourself to become flexible as you adapt and learn from each step and misstep along your journey.

Finally, it's time to **transform** your mind as you fully embrace the new you and grow into your new role as you continuously refine your approach to stay aligned with your new goals and build resilience.

Whenever it feels like the train is beginning to slip off the tracks, it's time to go back to the basics - if at first you don't succeed, try and try again, and then try something different. Invest in your own personal growth and development. The more you know, the more you grow and as you learn new skills to add to your repertoire, you add value to yourself and others.

Use this **PIVOT** framework to help you stay grounded, focused, proactive, and inspired while navigating a career shift. Always remember that you were made for more and anytime you feel stuck, it's time to pivot!

Dr. Brynn Dombroski

SHERYL HART

One day, a coaching client approached me seeking guidance and reassurance regarding her self-care and family responsibilities.

She is employed in a demanding career and is attempting to achieve a harmonious balance between her professional and personal life.

However, as she strives for this balance, the demands of both spheres intensify, making it increasingly challenging to maintain equilibrium.

Instead of providing her with an answer, as a coach, I posed questions to her. I inquired, "How many eggs can you hold?" and followed up with a question, ***"Are these eggs more significant than the other eggs?"***

I know many people can relate to my client. We're all trying our best to have a balanced life, right? I totally get it. In fact, I was one of them.

There are times when we want to do everything at once, hoping we've done enough. But here's the thing: it's never enough if we approach everything that happens in our daily lives that way.

If you identify with this statement, continue reading as I will reveal the secrets to achieving an integrated lifestyle.

WHAT IS INTEGRATED LIFE?

It's a way of living that harmoniously combines different aspects of life, rather than feeling scattered. It can fit together in the same place.

There are three (3) simple things you can do to Live an Integrated Life.



LIVING AN INTEGRATED LIFE

FIRST, "LEARN TO SAY NO"

In response to my initial inquiry, "How many eggs can you hold?"

Simultaneously managing career responsibilities and family obligations presents a substantial challenge.

These demands frequently necessitate the dedication of two full-time jobs, leaving insufficient time for other pursuits.

The demands of career and family alone can significantly consume an individual's time, energy, and essential needs, including sustenance and rest. Therefore, it is imperative to acknowledge the inherent limitations of human capacity within a 24-hour day.

Develop the skill of prioritizing tasks and focusing on the most important ones. Learn to decline commitments that aren't of utmost importance.

When you do agree to something, be aware that you'll have to make a trade-off with another aspect of your life. Every decision to say "yes" involves a compromise.

Before making any substantial life decisions, take a moment to contemplate the following question: "What impact would this decision have on my overall well-being?"

Living an integrated life necessitates that every decision you make harmoniously integrates with your well-being and does not create divisions or conflicts.

SECONDLY, "BE PRESENT, NOW"

If you reside in the United States, as I do, you are undoubtedly familiar with the prevalent culture of being busy.

It is crucial to distinguish between being busy and being productive.

Being busy simply entails being occupied, while productivity entails achieving tangible results, accomplishments, and sometimes a sense of fulfillment.

LIVING AN INTEGRATED LIFE

The question arises: can one simultaneously be both occupied and productive? I believe so, but the distinction lies in the significance of the task at hand.

When one is not burdened with an overwhelming number of tasks that require simultaneous attention, one can allocate a greater portion of their time, energy, engagement, focus, attention, and knowledge to a single endeavor.

Consequently, one can accomplish more and derive a sense of fulfillment from the process. As the adage suggests, **"Less is more,"** and there is some validity to this notion.

When my husband and I made the decision to have children eighteen years ago, we prioritized the well-being of our family over our careers. Every decision we make must be considered in the context of our family dynamics.

For instance, during my children's early years, I refrained from accepting positions that necessitated frequent travel and separation from my family, despite the financial incentives and career advancement opportunities they offered.

Instead, I made the conscious decision to become a stay-at-home mother for three years, prioritizing my role as a primary caregiver and ensuring my presence in raising our children.

Every decision we make should be aligned with our desired lifestyle and not create conflicts or compromises. Today, we are reaping the rewards of our parenting efforts.

Our two teenage sons are now developing into remarkable young men. If I could relive the past, I would do so repeatedly, fully cognizant of their future accomplishments.

At the very least, we have achieved success in this endeavor. We did not merely raise our children to become better individuals; we nurtured them into better adults.

This legacy will endure for many years to come, and I am confident that our constant presence with our children has contributed to its creation.

This legacy will be passed down to future generations, ensuring its continued relevance and impact.

Initially, living in the present was a challenge for me. Like any skill, I have acquired it gradually through experience. I have discovered that dwelling in the present moment enhances my overall enjoyment of life. Consequently, I have become more intentional in pursuing the activities that truly matter to me.

My question for you is this, **"At this current stage (or age) in your life, do you think you have lived the life that you want?"**

If not, I recommend adopting the philosophy of "Be Present Now" and embarking on the journey of constructing and living the life you have always envisioned.

Tomorrow is not guaranteed. If I were to pass away in my early 40s, I would find contentment, knowing that each day of my life was lived fully in the present moment, avoiding unnecessary waste. I extend this same aspiration to you.

THIRD, "CREATE A LIFE MARGIN".

Once you master the art of prioritization and learn to politely decline commitments that do not align with your well-being or the well-being of your family, you can effectively establish a "Life Margin."

Similarly, in business, after all business expenses have been paid, there remains a profit margin. Consider what tasks you can delegate, outsource, or hire someone to perform for you. By paying someone to complete a task, you can reclaim your time.

At home, you can hire a cleaning service, have groceries delivered, or have food delivered to avoid cooking every night. We are fortunate to live in the modern era where there are numerous options for outsourcing and having tasks performed by others.

If financial constraints prevent you from hiring someone every week, consider implementing a monthly or quarterly hiring schedule. The frequency and method of hiring are flexible; the key is to ensure consistent hiring practices. Additionally, explore various creative strategies to generate a financial cushion.



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Envision having more dedicated time with your family, engaging in one-on-one activities with your child, enjoying a romantic date night or lunch with your spouse, taking extended or short holidays and vacations, or simply having more time to pursue hobbies such as reading or painting.

This, in itself, is referred to as "FREEDOM." By creating a personal margin, you will gain the freedom to pursue your desired activities and at your desired time.

My question for you is this, "What Do You Want Out Of Life?"

There are numerous ways to live an integrated life. I trust that these three (3) fundamental principles will assist you in commencing your journey.

You are entitled to live a life of freedom. I am confident in your ability to achieve it. I believe in your potential.

ARE YOU DR. MICHAEL KOKU OR LEAVING LIVING YOUR DREAM?



You are either leaving or living your dream every day of your life! To live your dream, you need more than just passion; you need a blueprint [a plan].

The DREAM acronym is not just a set of words; it's a comprehensive and practical blueprint for living a life of significance [Living Life Big].

It combines vision (Dream Factor), perseverance (Resilience Factor), collaboration (Embrace Teamwork Factor), commitment (Accountability Partnership Factor), and wisdom (Mentorship Factor) to create a powerful framework for living life big [Living a Life of Significance].

THE DREAM ACRONYM: YOUR BLUEPRINT FOR LIVING LIFE BIG

As you embark on the journey to live life big, remember the powerful acronym DREAM:

- **D**ream Factor
- **R**esilience Factor
- **E**mbrace Teamwork Factor
- **A**ccountability Partnership Factor
- **M**entorship Factor

The DREAM acronym helps you stay aligned with your passions and purpose, ensuring that you don't just leave your dreams behind but actively live them out each day.

LIVE LIFE BIG: THE POWER OF A DREAM-DRIVEN LIFE

When you live life by your aspirations, you attain a profound sense of fulfilment and purpose that surpasses all others.

Each day dawns with renewed enthusiasm for the boundless possibilities that lie ahead, devoid of apprehension regarding potential setbacks.

"The future belongs to those who believe in the beauty of their dreams," said Eleanor Roosevelt.

Your aspirations serve as a distinctive blueprint for achieving greatness. By adhering to the DREAM acronym, you empower yourself not only to attain success but also to surpass your most ambitious expectations.

A GLIMPSE INTO THE DREAM ACRONYM

"Dying is nothing. What is terrible is not to live." – Victor Hugo.

DREAM FACTOR - IGNITE THE SPARK: DREAM BIG, START SMALL, ACT NOW!

Dreams are the fire that fuels our passion and purpose.

They are the visions that pull us towards a future that feels both exciting and significant. But dreaming is more than just imagining what could be—it's about taking actionable steps to make those dreams a reality.

ARE YOU DR. MICHAEL KOKU OR LEAVING YOUR LIVING DREAM?

As Walt Disney said, ***“All our dreams can come true if we have the courage to pursue them.”*** Ignite the power of your dreams by daring to dream big, starting small, and acting now. Your dream is the blueprint for a life lived fully and authentically.

RESILIENCE FACTOR: BOUNCE BACK, RISE HIGHER

Life will throw curveballs, and there will be moments when you want to give up. But remember, it's not about how many times you fall, it's about how many times you rise. Resilience is the secret sauce to turning setbacks into comebacks.

Every challenge is an opportunity to learn, grow, and come back stronger. Embrace the resilience factor and watch as you transform obstacles into steppingstones toward your dreams.

EMBRACE TEAMWORK FACTOR: TOGETHER EVERYONE ACHIEVE MORE

No one succeeds alone. Great achievements are often the result of collaboration and constructive collaboration. ***“Alone we can do so little; together we can do so much,”*** said Helen Keller.

By embracing teamwork, you tap into a pool of diverse talents, ideas, and strengths that elevate everyone involved. Understand the power of collaboration and how it accelerates the journey to living your dream.

When we work together, our collective energy can move mountains and make the impossible possible.

ACCOUNTABILITY PARTNERSHIP FACTOR: STAY ON TRACK, STAY COMMITTED

It's easy to drift off course when the path gets tough. That's where an accountability partnership comes in.

It's a mutual commitment to stay focused on your goals and push each other to achieve more. ***“Accountability is the glue that ties commitment to the result,”*** says Bob Proctor.

Find someone who believes in your dream as much as you do and can hold you accountable. Together, you'll build the discipline needed to stay on track and achieve your dreams.

MENTORSHIP FACTOR: LEARN FROM THOSE WHO'VE WALKED THE PATH

Mentorship serves as a valuable resource, akin to a personal GPS system, guiding individuals through their professional journey.

It provides guidance, support, and the invaluable benefit of accumulated experience. Tony Robbins once said, “A real decision is measured by the fact that you've taken a new action.

If there's no action, you haven't truly decided.” A mentor provides guidance and support, offering valuable insights and advice based on their own experiences.

By learning from those who have successfully navigated similar challenges, you can avoid common pitfalls and expedite your path to success.

YOUR DREAMS ARE WORTH THE JOURNEY

“Fear does not prevent death. It prevents life.” – Naguib Mahfouz (Egyptian Author and 1988 Nobel Peace Winner in Literature).

Pursuing your aspirations is an exhilarating journey that encompasses both triumphs and setbacks.

However, it is crucial to recognize that the pursuit of your dreams is intrinsically valuable.

By applying the principles outlined in this chapter, you will discover that the inherent potential to live life to the fullest resides within you.

Therefore, it is imperative to ignite your aspirations, cultivate resilience, embrace collaboration, establish accountability, and seek guidance from mentors. Your dreams are beckoning—are you prepared to respond?

Excerpt from the book, LIVE LIFE BIG: Don't LEAVE Your Dream, LIVE Your Dream by Dr. Michael Koku.



SIMPLE WAYS TO *Ernelita Dacumos* SELF-CONFIDENCE

Confidence! The word that made me cringe for years. I thought I'd never have it.

So, I'm from a developing country and moved to the US when I was 17. English isn't my first language, and let me tell you, it was tough to understand, especially with how fast people speak here. It was like trying to decipher a secret code! If that wasn't enough to make young woman feel overwhelmed in a new country, I don't know what is.

Feeling out of place became natural. I constantly held back, playing small in a world that felt too big. Blending in seemed safer, quieter, and attention-avoiding. But over time, something shifted. Ten years later, I found myself stuck.

I had reached a certain level in my career, but deep down, I couldn't help but wonder, "Is this all there is? Is this the life I'll live for the rest of my days?" I couldn't shake the feeling that something was missing, a gnawing emptiness that seemed to grow larger with each passing day. And as we all know, when we feel stuck, it's often because we're not growing, right?

That feeling propelled me to seek out whatever it was I needed to fill that void. However, here's the catch: despite my accomplishments, I still didn't perceive myself as confident. I understand it may sound unusual, but it was an undeniable truth. I was a woman with achievements, yet I grappled with the belief that I wasn't enough.

Then, a turning point arrived. I stumbled upon Mel Robbins, a motivational speaker whose words profoundly impacted me. She uttered a statement that shifted my perspective: **"Confidence isn't a personality trait; it's a skill!"** Allow this to sink in for a moment. Confidence, a skill, implies that it's something that can be acquired.

It's not exclusive to the bold or the naturally gifted; it's accessible to anyone willing to put in the effort.

Mel introduced me to the Competence-Confidence Loop. The concept is straightforward: take action, learn from it, gain competence, and repeat this process to develop self-belief. This self-belief, in turn, fuels your confidence.

Inspired by Mel's teachings, I embarked on a passionate journey of personal development. During this transformative experience, I stumbled upon ingenious methods to cultivate self-assurance. Today, I am thrilled to share these valuable insights with you.

So, how can you begin building your self-confidence? It all starts with the 5 Do's – a simple approach to help you kickstart your confidence journey. Here's how it works:

1. DO WHAT YOUR INTUITION SAYS

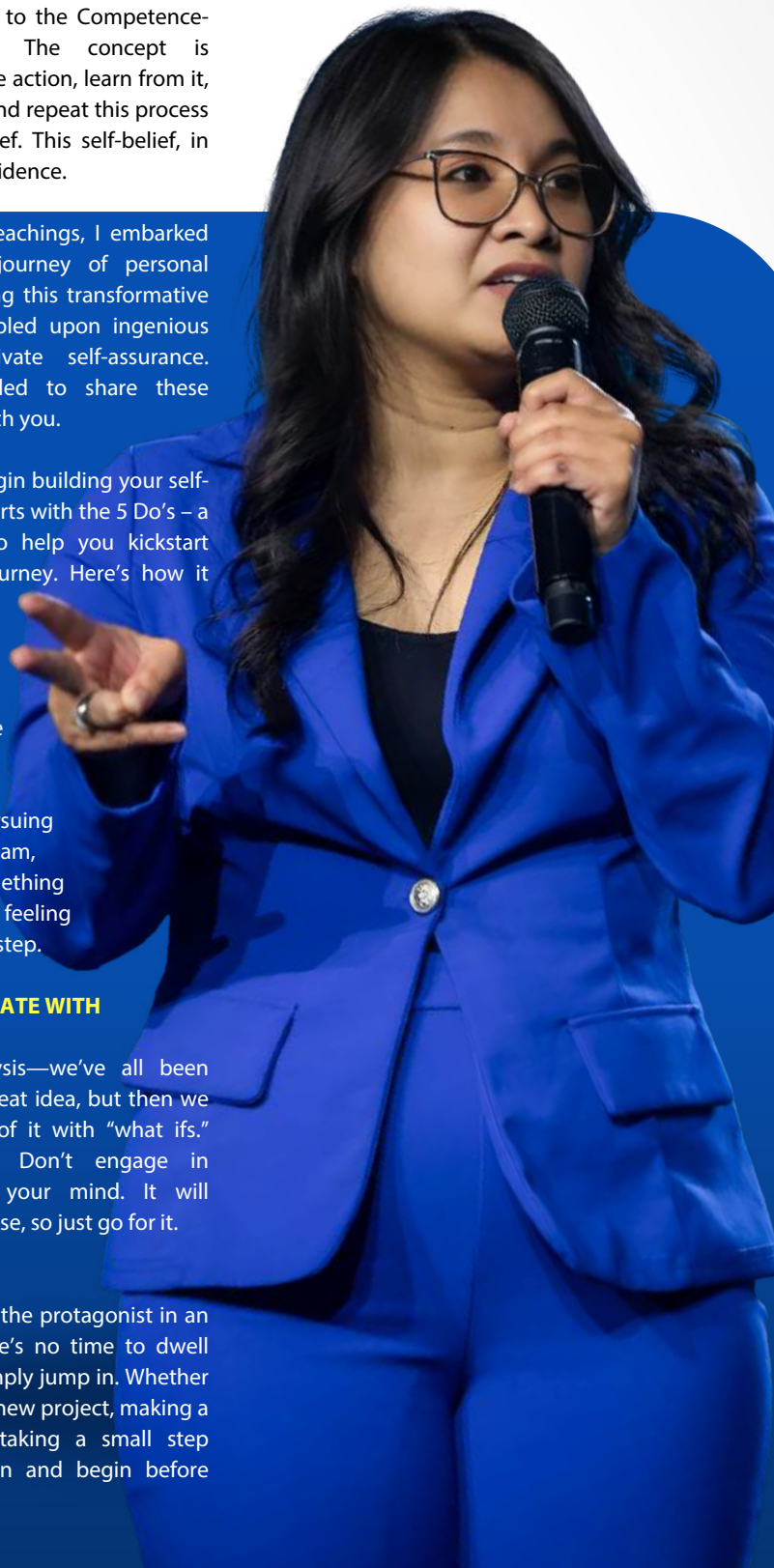
When that tiny voice inside urges you to take action, heed its call. Whether it's pursuing a goal, chasing a dream, or simply trying something novel, trust your gut feeling and take that initial step.

2. DO NOT NEGOTIATE WITH YOURSELF

Ah, analysis paralysis—we've all been there. We have a great idea, but then we talk ourselves out of it with "what ifs." Stop right there! Don't engage in negotiations with your mind. It will always have an excuse, so just go for it.

3. DO IT

Imagine yourself as the protagonist in an action movie—there's no time to dwell on overthinking; simply jump in. Whether it's embarking on a new project, making a bold decision, or taking a small step forward, take action and begin before you feel "ready."



SIMPLE WAYS TO *Ernelita Dacumos* SELF-CONFIDENCE

4. DO IT AGAIN

Remember the Competence-Confidence Loop?

Repetition is crucial. You'll make mistakes, but that's perfectly normal. Quickly acknowledge them, learn from them, and keep moving forward. Consistency builds confidence.

5. DO CELEBRATE YOURSELF

Yes, celebrate! We're not meant to work 24/7.

Acknowledge your achievements and the lessons learned, even from mistakes, because progress is progress.

Whether it's treating yourself to a spa day, buying a new book, or simply taking time off, find what brings you joy and indulge in it.

I'm sharing this teaching with you today because I recall the feeling of being stuck.

The emptiness I experienced wasn't just about wanting more; it was also about not knowing what "more" even meant.

My mentor, John C. Maxwell, once said, **"You cannot give what you don't have."**

To empower others, I first had to empower myself. I had to build my own confidence before I could help others discover theirs.

So, if you want to grow, it begins with you. Prioritize self-improvement.

Construct a solid foundation of confidence so that you can become more influential in the lives of others.

Confidence isn't just about personal development; it's about unlocking your full potential to make a positive impact.

You can't pour from an empty vessel, but once you begin filling it, you'll realize the extent to which you can overflow into the lives of those around you.

Want to know the secret behind the 5 Do's? It all begins with taking action. You can plan, think, hope, and dream all day long, but without taking action, nothing will ever change.

Now, the ball is in your hands. Are you prepared to take the initiative?

I will leave you with this:
Be Bold,
Be Radiant,
Be Confidently...You





Excerpt from **The Other Side of the Coin – Can’t Things Just Stay the Same?**

I was chatting with my sister-in-law the other day about how rapidly our children are growing up.

As I type this, my daughter has moved out of our house yesterday, and my son is purchasing his first house this coming week.

We are incredibly proud of each of them!

My sister-in-law shared that my niece is beginning to drive, while my nephew is almost at the end of his college journey.

As parents, it’s tough to experience. We want our children to grow into good, active members of society, happy and joyful as they mature.

But it’s still challenging. I will talk to my Dad, and he will still sometimes say that I am a good boy.

I’m like “Dad, I’m almost in my 50s.” He responds, **“It is tough to think of you as adults sometimes.”**

Our conversations sometimes reminisce about my youthful fond memories and learning moments, such as learning to love, lead, and serve.

However, it’s still challenging.

Returning to that conversation with my sister-in-law, she uttered something so profound that I sought her permission to include her words as the book’s conclusion.

She was reflecting on how proud she was of her children as they grew older. She pondered, “Why do parents have to age and why do our children have to grow up?” She playfully questioned, **“Can’t we simply remain in our current state?”**

“Of course, we can’t remain stagnant because life would become monotonous in a repetitive routine,” she acknowledged.

The most challenging aspect of life is the constant change, and it’s also, almost, the most captivating aspect of it as well.

Change is a fundamental aspect of life, a force that shapes the world and molds our experiences.

Its beauty lies in its dynamic nature, ever evolving and constantly surprising.

Like the shifting hues of a sunset or the transformation of seasons, change brings a sense of renewal and possibility.

It challenges us to adapt, to grow, and to embrace new perspectives.

Change, one of the most captivating aspects, has the remarkable ability to inspire growth and development.

Just as a caterpillar undergoes metamorphosis to transform into a butterfly, change presents us with the chance to shed our old limitations and emerge as something new and improved.

BY JEFF WILLIAMSON

Excerpt from The Other Side of the Coin – Can't Things Just Stay the Same?

BY JEFF WILLIAMSON

It pushes us beyond our comfort zones, encouraging us to explore and innovate. Through change, we discover hidden potential within ourselves and find the courage to pursue our dreams.

Fostering resilience and adaptability are crucial qualities for navigating life's uncertainties.

It teaches us to embrace impermanence and find beauty in the cyclical nature of existence.

As the gentle rhythm of waves crashing upon the shore reminds us, change embodies the inherent balance and harmony within the universe.

Change, a constant companion in our lives, invites us to appreciate the diversity and richness of the world around us.

Just as each season brings its own unique splendor, every stage of life offers its own gifts and lessons.

Whether it's the vibrant colors of autumn foliage or the quiet serenity of a winter snowfall, change beckons us to savor the present moment and cherish the fleeting beauty that graces our lives.

In essence, the beauty of change lies in its ability to inspire transformation, cultivate resilience, and foster an appreciation for the ever-changing nature of life.

It serves as a testament to the inherent vitality and creativity of the human spirit, reminding us that even amidst uncertainty, there is always the potential for growth and renewal.

So, here we stand, facing the next potential obstacle, change, or challenge. Uncertainty looms before us, presenting the challenge of potential failure that piques our curiosity.

Do we remain stagnant, like the caterpillar in our own skin, destined for impending regret, or do we transform into the beautiful butterfly of possibility and innovation, realizing that the best is yet to come?

Indiana Jones, at the conclusion of the immensely popular movie, Indiana Jones and the Last Crusade, encountered a Grail Knight.

This Grail Knight was the final member of a trio of brothers who diligently guarded the Holy Grail.

Additionally, the Grail Knight employed a clever strategy by strategically placing several imposters within the room, thereby potentially leading others to select the incorrect cup.

In the movie, when one of the characters picked up what they thought was the Holy Grail, the Grail Knight would say,

"But choose wisely, for while the true Grail will bring you life, the false Grail will take it from you."

There are several things we'll encounter in life, some that will give us life and others that will take it away. My hope is that you make wise choices.



EMPOWERING PART 1 FUTURE LEADERS

Practical Parenting Tips for
Connecting Effectively with
Your Teenager

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Whether you're a working parent, a stay-at-home mom or dad, or an entrepreneur, guiding children through their developmental stages is a challenge that all parents encounter.

Many parents juggle work, entrepreneurship, and family responsibilities with limited external support.

Living in the cities away from grandparents and extended family can make it even harder, but we can still raise thriving, well-rounded children. Research shows that, between work, school, sports, and extracurricular activities, the waking hours we spend with our children are short.

The window from ages 12 to 19 passes quickly, and before we know it, they're out of the house and off to higher education and to live their adult lives.

The question is: **Have we prepared them for adulthood?** This is our opportunity to shape their future and leave a legacy.

To make every moment count we must become skillful at communicating effectively with our teenagers so we can equip them with life and leadership skills needed for successful adulthood.

1. What obstacles do parents often overlook when learning to communicate effectively with their teenagers?

The First Obstacle Parents Face Is **Developmental**.

Every child develops and matures at their own pace, and understanding these development stages is crucial.

Teens are intelligent, but they may not be fully equipped to make significant decisions independently.

The prefrontal cortex, a brain region responsible for planning, doesn't fully mature until their

Dr. Frances Jensen, in *The Teenage Brain*, emphasizes: **"The adolescent brain is still developing, which means they need guidance and support from adults more than ever during this phase of life."**

By being patient, we can help teens grow responsibly and make the most of these formative years.

The Second Obstacle Parents Face Today Is **Cultural**.

Families have historically played a pivotal role in fostering individual development.

However, the increasing prevalence of divorce, single-parent households, and blended families has significantly expanded the definition of family.

Furthermore, the geographical distance between grandparents and extended families has

"Third Culture Kids" (TCKs) — children raised in cultures different from their parents' — often blend their heritage with their surroundings, which can lead to misunderstandings and communication challenges.

Raising TCKs as well as non-immigrant children requires parents to be intentional, understanding, and attentive, helping children navigate identity and culture in today's complex, digital, and multicultural world.

The Third Obstacle is **Generational**.

Generational gaps can indeed pose challenges in communication. Teens might respond, **"You don't understand—that's from your generation."**

While it's true that certain experiences are exclusive to a particular generation, there are fundamental principles that everyone

BY REMI AYODELE

20s. This delay can lead to impulsive behavior, uncertainty, and difficulty with long-term thinking.

To help their teens thrive, parents can take on a coaching role, guiding them and explaining the significance of certain choices.

This approach fosters critical thinking and decision-making skills in teens.

diminished their ability to impart generational wisdom. In contrast, social media has facilitated the direct exposure of children to diverse cultures within the confines of their homes, amplifying the influence of societal norms on their perspectives at a rapid pace.

Both immigrant and non-immigrant families now navigate youth culture, though for immigrant families, the experience is heightened.

should prepare for their future. Today's teens, Generation Z, have grown up in a vastly different world compared to their parents, often belonging to Generation X.

The language, values, and trends embraced by today's teens may seem unfamiliar to their parents.

To bridge this gap, establishing a shared language and understanding is crucial.



EMPOWERING PART 1 Practical Parenting Tips for Connecting Effectively with Your Teenager FUTURE LEADERS

Seeking common ground facilitates better parent-teen relationships.

2. What method can parents use to overcome these obstacles to better understand their teens?

One way to bridge the gap is by understanding each child's personality. The DISC method is a helpful tool to create a common language within families

DISC organizes human behavior into four types, each with unique traits and needs, helping families bridge generational, cultural, and developmental gaps.

Dominant (D): Assertive, goal-driven, and decisive, D types are action-oriented individuals who excel in achieving results.

Influencing (I): Social, optimistic, and expressive, I types are great communicators who connect easily with others.

Steady (S): Loyal, patient, and supportive, S types are the peacemakers who create harmony in relationships.

Compliant (C): Analytical, detail-oriented, and attentive, C types are meticulous in their work and value accuracy.

Understanding these DISC traits allows parents to foster stronger relationships and enhance communication by helping identify each personality's core needs and strengths.

As I raise my children, I continue to adapt my parenting to meet these unique needs.

For example, when my son was younger, he had earned extra recess time at school, but he also had a dentist appointment that day.

He was really excited about his extra recess, so I moved the appointment so he could enjoy his reward. This showed him I understood his need for fun.

In my coaching, I help parents adapt their approaches based on their child's personality.

Here are some examples:

Recognizing Achievements: A mother noticed her son's grades dropped when he didn't get a medal at school. Since he loves recognition, I suggested she give him a medal to celebrate his efforts and make him feel appreciated.

Respecting Social Needs: I worked with a mom whose daughter loved being around people, but the mom was more quiet and steady. By learning to accept her daughter's outgoing style, she helped her daughter feel more confident and accepted.

Adapting to Different Temperaments: One mom had a daughter who loved competition (D- style) and a son who liked calm activities (S-style). She adjusted her parenting to match each child's unique preferences, supporting both in ways they enjoyed.

Using DISC method of human behavior to understand teens' personalities helps parents create a supportive environment that encourages open communication, builds self-esteem, and strengthens positive relationships—important for each child's growth and success.

3. What are some practical ways parents and teenagers can build connections?

Building a strong connection with your teen is essential. Here are **FOUR** practical tips:

1. Listen Actively

Listening is the foundation of trust. Paying attention to what your teen says and doesn't say can reveal unspoken concerns. Teens want to understand the "why" behind decisions, so explaining your reasoning builds their decision-making skills.

2. Acknowledge Their Feelings

Instead of only pointing out mistakes, recognize your teen's positive actions. Acknowledge their feelings and perspectives to build trust, and praise them for efforts and good choices, not just outcomes.

3. Spend Quality Time Together

Find ways to spend time doing things they enjoy. Shared activities, whether it's a walk, watching a show, or driving somewhere together, allow you to connect on a personal level.

4. Pray With and For Your Teen

If you believe in God, it's important to remember that He has a special plan for your child's life. God created your child, and He knows them better than anyone. Ask God for wisdom to guide you as you help your child grow in the way that fits their personality and strengths best.

Nurturing the Next Generation

Parenting, akin to gardening, requires the right seed, soil, and environment for a successful crop. Similarly, children thrive with a nurturing foundation to flourish. Stephen Covey wisely reminds us, ***"Your family is like a garden. What you nurture will flourish, while what you neglect will wither."***

By understanding each child's unique personality and adapting our approach to their needs, we create an environment conducive to their growth and the development of self-leadership skills. This insight eliminates years of struggle, guiding our children toward their potential while fostering a legacy of trust, connection, and effective communication.

As parents, we can partner with God, who knows them best to help our children develop and maximize their unique potential

Be Inspired to Maximize Your Potential!

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THE MENTORSHIP ADVANTAGE

Why
Mentorship
Matters

Dr. Michael Koku

"One of the greatest values of mentors is the ability to see ahead what others cannot see and to help them navigate a course to their destination." – John Maxwell.

Unlock Your Finest Hour: The Mentorship Advantage

British Statesman and Former Prime Minister, Sir Winston Churchill once said,

"To every man there comes in his lifetime that special moment when he is figuratively tapped on the shoulder and offered a chance to do a very special thing, unique to him and fitted to his talents. What a tragedy if that moment finds him unprepared or unqualified for that which would be his finest hour."

Are You Ready for Your Finest Hour?

We all have a pivotal moment in life, a unique opportunity that calls for us to rise and make a lasting impact.

Yet, how many of us are truly prepared for it when it arrives? Preparing for your finest hour is no small task — it demands focus, dedication, and strategic guidance. That's where mentorship comes in.

Mentorship isn't just a luxury; it's a necessity. It's a powerful, transformative force that can unlock the full potential within you and prepare you for that defining moment when the world needs your talents.

That's why I authored the book, **THE MENTORSHIP ADVANTAGE: WHY MENTORSHIP MATTERS**.

Released last November 2024, this book delves into the vital role mentors play in shaping your future. I've captured the essence of mentorship in a simple, yet profound acronym: **MENTORSHIP**.

M – Motivation: Discover the Drive Within

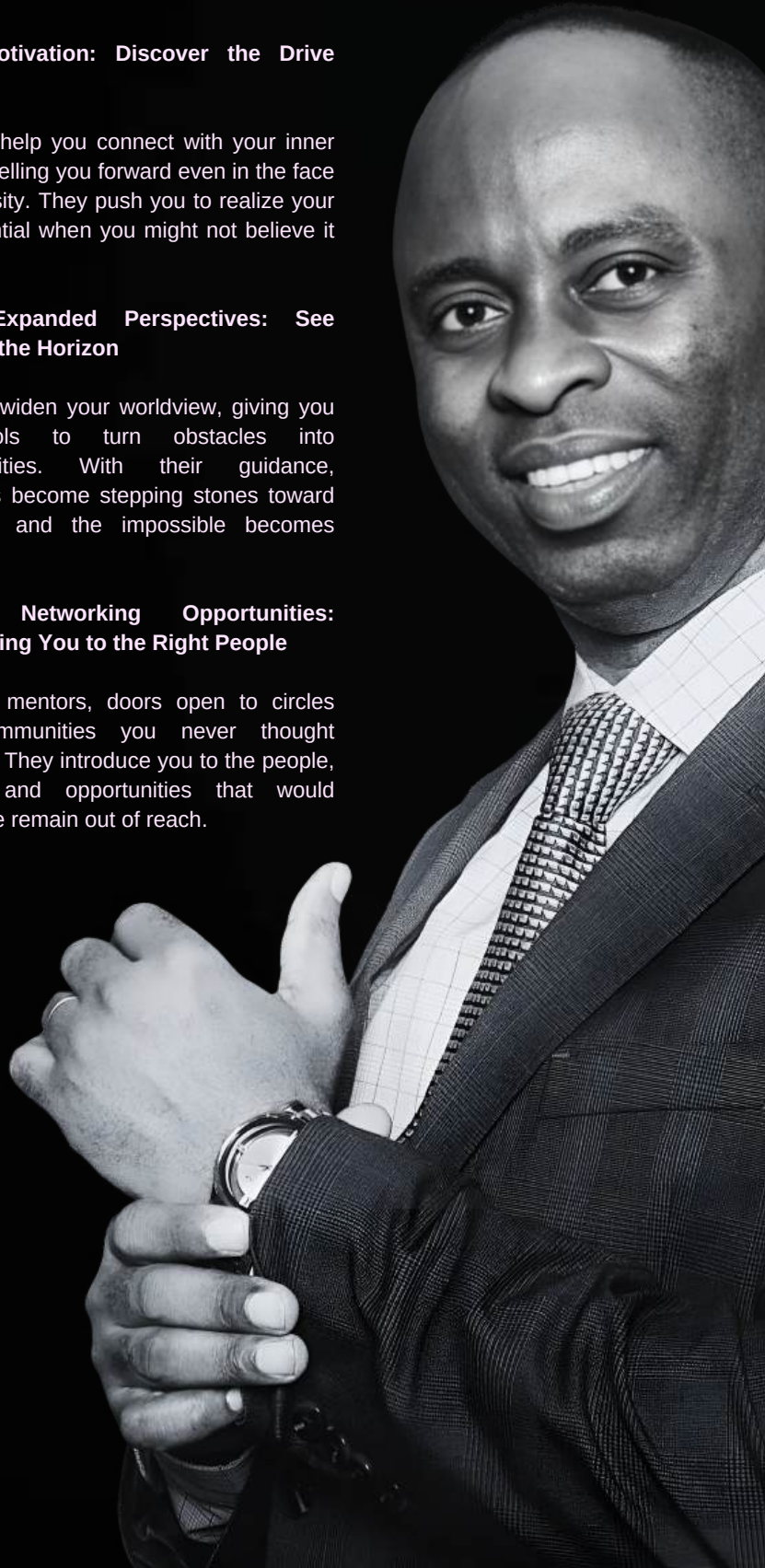
Mentors help you connect with your inner fire, propelling you forward even in the face of adversity. They push you to realize your full potential when you might not believe it yourself.

E – Expanded Perspectives: See Beyond the Horizon

Mentors widen your worldview, giving you the tools to turn obstacles into opportunities. With their guidance, problems become stepping stones toward success, and the impossible becomes possible.

N – Networking Opportunities: Connecting You to the Right People

Through mentors, doors open to circles and communities you never thought possible. They introduce you to the people, places, and opportunities that would otherwise remain out of reach.



THE MENTORSHIP ADVANTAGE

Why
Mentorship
Matters

Dr. Michael Koku

O – Observation Laboratory: Learn from Real-World Experience

Mentors turn every experience, success, and failure into a teachable moment. They provide a “laboratory” for you to observe, learn, and refine your strategies in a real-world setting.

R – Relationship: Trust Beyond Guidance

A mentor-mentee relationship is built on trust, camaraderie, and mutual respect. It's not just about advice; it's about having someone in your corner, ready to support you through thick and thin.

S – Support and Guidance: Your Safety Net

When challenges arise, mentors become your rock. They offer unwavering support and guidance, helping you navigate even the toughest situations with confidence.

H – Honest Feedback: The Power of Truth

Mentors aren't afraid to speak the truth, even when it's uncomfortable. They provide the honest feedback you need to grow, sharpen your skills, and evolve into the leader you're destined to be.

I – Inspiration: Igniting Your Inner Fire

The stories, victories, and journeys of your mentors inspire you to dream bigger and strive harder. Their success becomes the spark that lights your own path to greatness.

P – Personal and Professional Growth: Transform Yourself

With every interaction, mentorship fosters growth — in both your personal and professional lives. You develop the confidence, character, and capabilities to tackle anything that comes your way.

The Mentorship Advantage: Why You Can't Afford to Miss It

Mentorship is an extraordinary advantage. Without it, you risk facing your moment of greatness unprepared, lacking the tools and insights needed to capitalize on it.

As Benjamin Jonson wisely said,

“He that is taught only by himself has a fool for a mentor.”

the mentorship advantage. Seek out the guidance that will prepare you for your finest hour and unlock your true potential.

With the right mentor by your side, there are no limits to what you can achieve.

Excerpt from THE MENTORSHIP ADVANTAGE: WHY MENTORSHIP MATTERS by Dr. Michael Koku.





LAMP GLOBAL COMMUNITY

At LAMP Global Community, Leadership is not a solitary journey but a shared path of growth, empowerment, and transformation. Together, we are shaping a future where Leadership is intentional, impactful, and inclusive.

Our vision is to attract, develop, and multiply leaders in all the eight streams of influence: Government, Sport, Business, Family, Religion, Arts & Entertainment, Media, and Education.

We are passionate about unlocking infinite growth, empowering leaders in different streams of influence all over the world and transforming futures globally, personally and professionally.

LAMP simply means Leadership Advancement Mentorship Platform and TLC personalities are the nucleus and leaders of the LAMP Global Community. In less than two years, what began as a Dream has flourished into a thriving global network of twenty-two dedicated leaders united by shared values and a positive attitude.

A clear purpose drives our community: to collaborate, empower, and transform lives through Leadership, education, and service. We bring this to life through quarterly global projects, initiatives, and conferences, creating lasting change across continents.

Our Key Pillars:

• **Collaboration:**

We build leaders together, working as one to lift each other higher.

• **Empowerment:**

We equip emerging leaders with tools, mindset, and the support they need to thrive.

• **Global Transformation:**

Through our leadership programs and initiatives, we are committed to creating a ripple effect of positive change worldwide.

As the parent organization for WILL (Women In Leadership League), PEARL (Parents Empowered Academy for Right Leadership), YES (Youth Empowerment Society), and TBN (The Berean Network),

LAMP Global Community is at the forefront of shaping leaders in every sphere of influence.

Our reach is broad, but our focus is clear: to create a unified, empowered global leadership movement.

Upcoming 2025 Events

We have five upcoming global virtual conferences this year 2025 starting with MADE FOR MORE GLOBAL LEADERSHIP CONFERENCE 4.0 [For Men and Women] on March 1, 2025, with the theme, Unveiling The Essence of Servant Leadership. ·

Other upcoming global virtual conferences are Women In Leadership League Global Conference [For Women Only] on June 7, 2025, Blaze of Change Annual Global Youth Conference 2.0 on June 28, 2025, Made For More Global Leadership Conference 5.0 [For Men and Women] on September 6, 2025, and Parents Empowered Annual Global Conference 3.0 on December 20, 2025. The Power of TEAM:

"Together Everyone Achieves More" is more than just an acronym—it's the heartbeat of our community. TEAM also mean to us; Team Efforts Achieve Miracles!

We believe in the constructive collaboration of collective effort and the undeniable truth that teamwork makes the dream work.

With every step forward, we prove that when individuals unite around a shared vision, we can achieve far more than we can alone.

Join Us:

You can become a member of this global leadership community committed to attracting, developing, and multiplying leaders by unlocking leadership potential, empowering lives, and transforming futures.

Together, we will realize and amplify our dreams into something extraordinary.

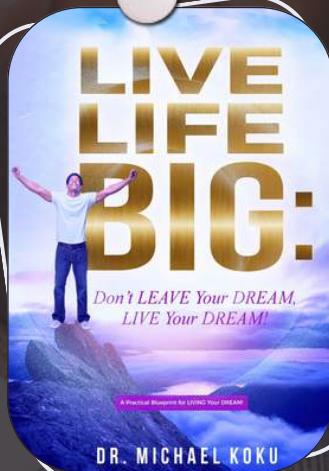
The LAMP Global Community invites you to be a beacon of Leadership, sparking change and guiding others toward greatness.

Michael Jordan said, **"Talent wins games, but teamwork and intelligence win championships."**

Let's build the future of Leadership—together!

Our Website: lgcleadership.com

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PAST EVENT



LAMP [LEADERSHIP ADVANCEMENT
MENTORSHIP PLATFORM]
GLOBAL COMMUNITY

Presents

MADE FOR MORE

GLOBAL LEADERSHIP CONFERENCE 4.0



DR. MICHAEL KOKU

Chief Visionary Officer



ELIZABETH MCCORMICK

Speaker



MARISSA NEHLEN

Speaker



KRISTAN GETSY

Speaker



LA-KITA GILMORE

Speaker



KINGSLEY OKONKWO

Speaker

Theme: UNVEILING THE
ESSENCE OF SERVANT
LEADERSHIP



LAMP [LEADERSHIP ADVANCEMENT MENTORSHIP PLATFORM] GLOBAL COMMUNITY

Presents

MADE FOR MORE

GLOBAL LEADERSHIP CONFERENCE 5.0



DR. MICHAEL KOKU
Chief Visionary Officer



MILDRED OKONKWO
Speaker



DR. BRYNN DOMBROSKI
Speaker



ERNELITA DACUMOS
Speaker



STEVE STEELE
Speaker

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Theme: **EFFECTIVE LEADERSHIP IN A CHANGING WORLD**

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<https://lgcleadership.com/will>

TAKEAWAYS

Learn how to Embrace Change and Innovate.
Learn How To Empower Your Team
Discover how to Lead More Effectively
and adapt to change.
Discover how to Lead with Vision and Resilience.



Sept
6th,
2025



12:00 - 4:00 PM EST US & CANADA
5:00 - 9:00 PM UK & NIGERIA (WAT)

General Admission: Free. **VIP Admission:** \$47.

This Conference is VIRTUAL and open to all.

REGISTRATION IS REQUIRED TO ATTEND THIS LIFE-CHANGING CONFERENCE.