

BLACKS IN GOVERNMENT  
NATIONAL TRAINING INSTITUTE

AUGUST 23-28, 2015

ORLANDO, FL

“DO IT **AFRAID!!!**”

PRESENTED BY:

DR. VALERIE MARTIN-STEWART

# FOCUS

HOW TO MAXIMIZE YOUR POTENTIAL IN  
ORDER TO SOAR HIGH IN YOUR  
PROFESSIONAL CAREER BY OVERCOMING  
PERSONAL STRUGGLES & SETBACKS

- STEP OUT OF FEAR
  - BELIEVE IN YOURSELF
- STEP OUT OF FAILURE
  - GET UP AGAIN WITH PURPOSE
- STEP OUT OF DEPRESSION
  - RISE & DETERMINE TO MOVE FORWARD
- STEP OUT OF SHAME
  - YOU HAVE SOMETHING UNIQUE TO OFFER
- STEP OUT OF SETBACKS
  - DISCOVER THE PASSIONS WITHIN

## **FEAR CAUSES US TO:**

- **MINIMIZE** OUR VIEW & VALUE OF SELF
- **MAXIMIZE** OTHER'S VALUE
- **MINIMIZE** OUR POTENTIAL
- **MAXIMIZE** THE FEAR OF CHANGE
- **MINIMIZE** OUR VALUE ADDED
- **MAXIMIZE** OUR DISAPPOINTMENTS
- **MINIMIZE** OUR COMPETENCE
- **MAXIMIZE** OUR WEAKNESSES

# HOW TO “FACE” FEAR

- ACKNOWLEDGE ONE’S WEAKNESSES
- MAXIMIZE ONE’S STRENGTHS
- STOP SHRINKING!
- LET GO OF PAST FAILURES
- BUILD NEW RELATIONSHIPS
- DON’T FEAR SUCCESS!
- KNOW THAT COURAGE IS NOT THE ABSENCE OF FEAR, BUT ACTING IN THE MIDST OF IT

# THE PHASES OF FAILURE:

- BECOME ISOLATED
- DOUBT SELF-WORTH
- BELIEVE WE ARE THE CAUSE
- FORGET THE SUCCESSES
- INTERNALIZE EVERYTHING
- BECOME LESS DRIVEN
- ABANDON OUR GOALS

# FAILURE PRODUCES FEAR:

- WE FEAR FAILURE WHICH KEEPS US FROM TREADING NEW PATHS
- WE FEAR NEVER GETTING IT RIGHT
- FAILURE BIRTHS GREATER FEAR THAT MAKES US FEEL INCOMPETENT



# OVERCOMING FAILURE:

- ACCEPT DEFEAT FOR THAT MOMENT
- WAKE UP THE GOALS & PASSIONS
- CHALLENGE YOURSELF
- WORK ON YOUR WEAKNESSES
- DO THINGS DIFFERENTLY
- SET NEW GOALS
- MOTIVATE YOURSELF

# CAUSES OF DEPRESSION:

- UNFULFILLING CAREERS
- DISAPPOINTMENTS ON THE JOB
- UNHEALTHY RELATIONSHIPS, BOTH IN PROFESSIONAL & PERSONAL LIFE
- SHORTSIGHTED GOALS
- LACK OF VISION & PATH FORWARD
- UNFULFILLED IN PERSONAL LIFE
- SHORT-LIVED ACCOMPLISHMENTS

# DEPRESSION TURNED OUTWARD

- LESS PROACTIVE ON THE JOB
- NO EXCITEMENT IN CAREER
- DREAD GETTING UP
- BECOME COMFORTABLE WHERE WE ARE
- LOSE DRIVE FOR SUCCESS

# OVERCOMING DEPRESSION

- RECOGNIZE / ADMIT THE FEELINGS
- DISCOVER THE CAUSES
- SEEK HELP
- BE WILLING TO TALK ABOUT IT
- MOVE FORWARD
- SEEK REWARDING CAREERS
- FOCUS ON ACCOMPLISHMENTS

# OVERCOMING SHAME:

- REALIZE THAT TEMPORARY DEFEATS ARE ONLY TEMPORARY
- RECOGNIZE THE UNIQUE VALUE ONE HAS TO OFFER
- GET UP AGAIN!

# CAUSES OF SETBACKS IN CAREERS:

- BURN OUT
- POOR PERFORMANCE ON THE JOB
- LACK OF PROMOTIONS
- FEELING OVERWHELMED WITH TASKS
- LACK OF COMMUNICATION
- PERSONAL SETBACKS
- LACK OF VACATIONS

# WHAT TO DO IN A SETBACK:

- FACE IT & START OVER
- SEEK NEW PATHS TO SUCCEED
- MAJOR ON YOUR STRENGTHS
- MINOR IN THE INSIGNIFICANT ISSUES
- ACCEPT ONE'S OWN RESPONSIBILITY FOR THE SETBACK & DEAL WITH IT

# TURNING SETBACKS INTO A COMEBACK

- ACKNOWLEDGE ONE'S FAULTS
- MASTER ONE'S WEAKNESSES
- DON'T BE AFRAID TO COMEBACK



# DO “IT” AFRAID!!!

- DON'T BE AFRAID TO OUTSHINE OTHERS
- STOP SHRINKING TRYING TO FIT IN WITH OTHERS
- PUT YOUR BEST “WING” FORWARD & SOAR HIGH

# SOARING HIGH IN ONE'S CAREER

- MAXIMIZE ONE'S TIME
- PROMOTE YOURSELF
- DON'T BE AFRAID OF FAILURE
- DON'T BE AFRAID OF SUCCESS
- BE YOUR OWN CHEERLEADER!

- OUR DEEPEST FEAR IS NOT THAT WE ARE INADEQUATE. OUR DEEPEST FEAR IS THAT WE ARE POWERFUL BEYOND MEASURE.
- IT IS OUR LIGHT NOT OUR DARKNESS THAT MOST FRIGHTENS US
- WE ASK OURSELVES, WHO AM I TO BE BRILLIANT, GORGEOUS, TALENTED, AND FABULOUS?
- ACTUALLY, WHO ARE YOU NOT TO BE? YOU ARE A CHILD OF GOD.
- YOUR PLAYING SMALL DOES NOT SERVE THE WORLD.
- THERE IS NOTHING ENLIGHTENING ABOUT SHRINKING SO THAT THE OTHER PEOPLE WON'T FEEL INSECURE AROUND YOU.
- WE WERE BORN TO MAKE MANIFEST THE GLORY OF GOD THAT IS WITHIN US.
- IT IS NOT JUST IN SOME OF US, IT IS IN EVERYONE.
- AND AS WE LET OUR OWN LIGHT SHINE, WE UNCONSCIOUSLY GIVE OTHER PEOPLE THE PERMISSION TO DO THE SAME.
- AND AS WE ARE LIBERATED FROM OUR OWN FEARS, OUR PRESENCE AUTOMATICALLY LIBERATES OTHERS.

WORDS BY: MARIANNE WILLIAMSON

# QUESTIONS/COMMENTS?

PRESENTED BY:

DR. VALERIE MARTIN-STEWART

Get video taped today!!!