

EXCEL ANYWAY

Fighting Barriers & Building Resilience



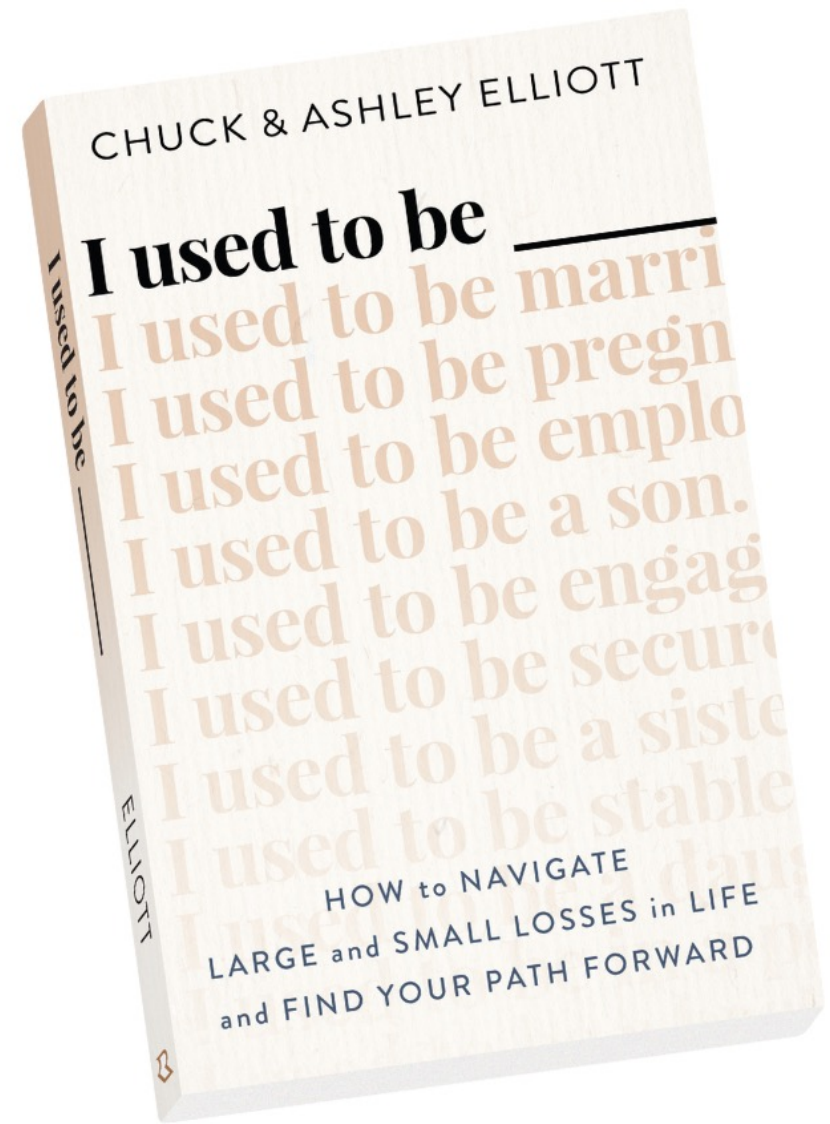
Open camera and scan QR code
to access slides and a work sheet.

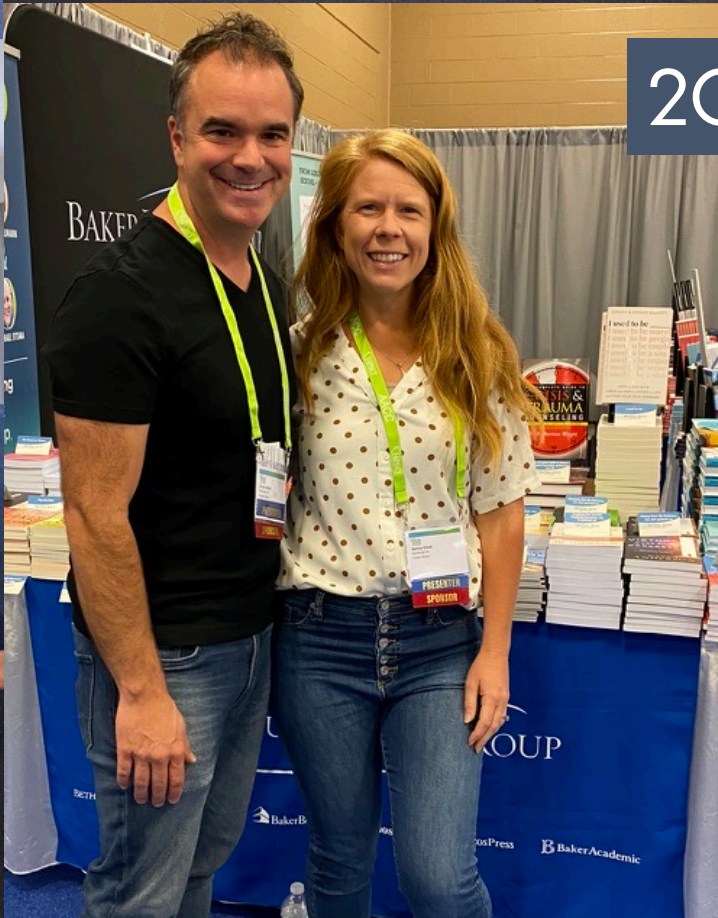




Ashley Elliott, MS, LMHCA

Author, Speaker, Licensed Counselor





2023



What are some barriers to personal
and professional success?



Let's excel ANYWAY!



Use the Three A's to Change **TO EXCEL**

THE THREE **A's TO CHANGE**

Aware

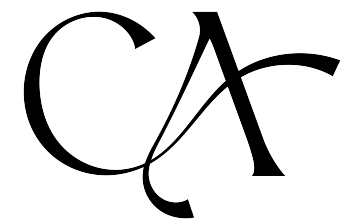
Assess

Act



Negative Space

Positive Space



SWITCH THEORY

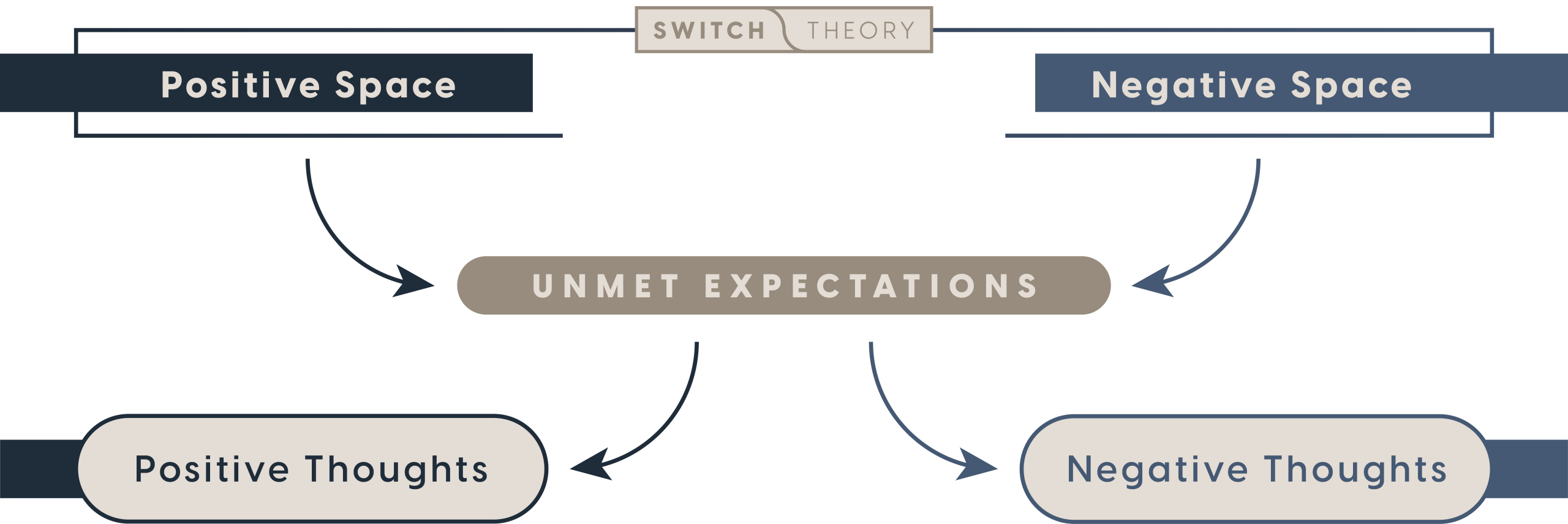
Positive Space

Negative Space

CA



CA



CA

SWITCH THEORY

Positive Space

Negative Space

UNMET EXPECTATIONS

Positive Thoughts

Negative Thoughts

SPEAK

DON'T SPEAK

SPEAK

DON'T SPEAK

+

WORDS

+

BEHAVIOR

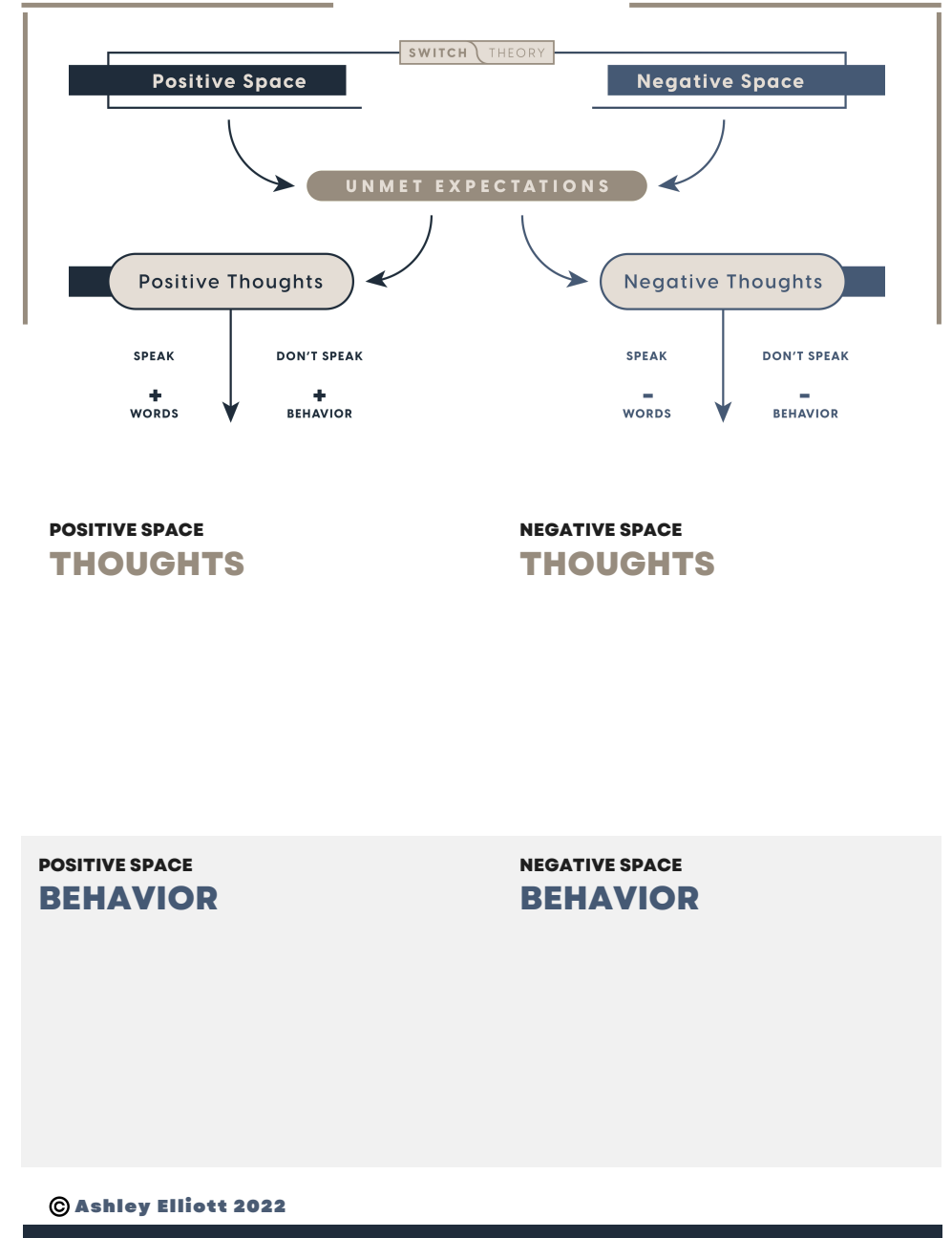
-

WORDS

-

BEHAVIOR

On your own, complete the
Switch Theory Worksheet



Use the Three A's to Change **TO EXCEL**

THE THREE **A's TO CHANGE**

Aware

Assess

Act



Assess

- 1) What have I tried in the past that has worked?
- 2) What have I tried in the past that has NOT worked?
- 3) What options should I consider for the future?



Use the Three A's to Change **TO EXCEL**

THE THREE **A's TO CHANGE**

Aware

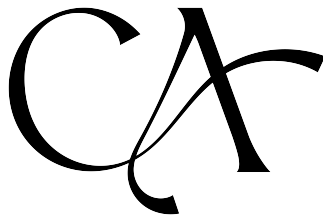
Assess

Act



Mental Stability

Mental Instability

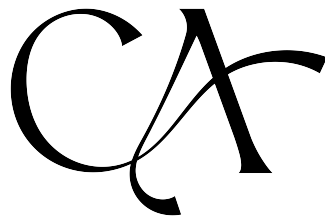


Source: I Used to be _____

EXAMPLE

Mental Stability	Mental Instability
<ul style="list-style-type: none">• Eating healthy foods• Sleeping about 8 hours each night• Maintaining healthy boundaries• Moving the body	<ul style="list-style-type: none">• Overeating or undereating• Oversleeping or undersleeping• Enmeshed or isolated• Overexercising or lack of activity

Source: I Used to be _____



THOUGH LIFE CAN BE TOUGH
AND WE MAY FACE BARRIERS...

Let's excel ANYWAY!



Available
today!



Let's be
friends
on SM!

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