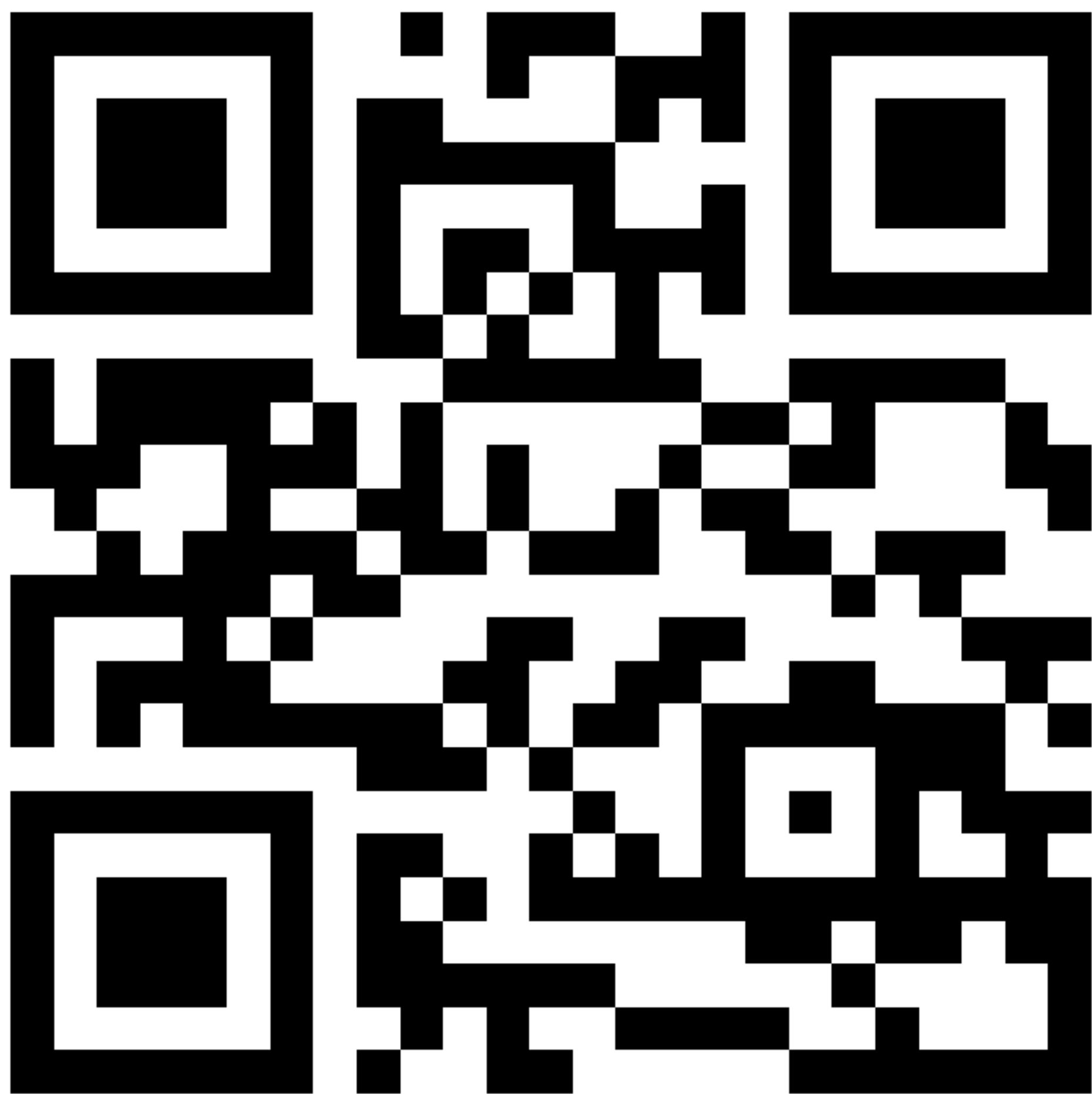


GROWTH AFTER SETBACKS: A POSITIVE AND EMPOWERING MODEL TO FACILITATE WELL- BEING AND RESILIENCE

Ashley Elliott, MS, LMHCA
Chuck Elliott, MAE, MOL





SLIDES AND HANDOUT

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LEARNING OBJECTIVES

1. UTILIZE **SWITCH THEORY** TO EMPOWER INDIVIDUALS TO MOVE TOWARD A POSITIVE SPACE USING **POSITIVE PSYCHOLOGY PRINCIPLES** AND **EFFECTIVE COPING STRATEGIES**.
2. EXPLAIN HOW UNMET NEEDS NEGATIVELY IMPACT INDIVIDUALS FACING SETBACKS AND PROVIDE SOLUTIONS THAT WILL HELP THEM DEVELOP OR MAINTAIN A HEALTHY SENSE OF SELF **AND ACHIEVE OPTIMAL PERFORMANCE**.
3. APPLY A MENTAL STABILITY EXERCISE WITH CLIENTS THAT WILL ENABLE THEM TO BUILD RESILIENCE **AND FOSTER A GROWTH MINDSET**.





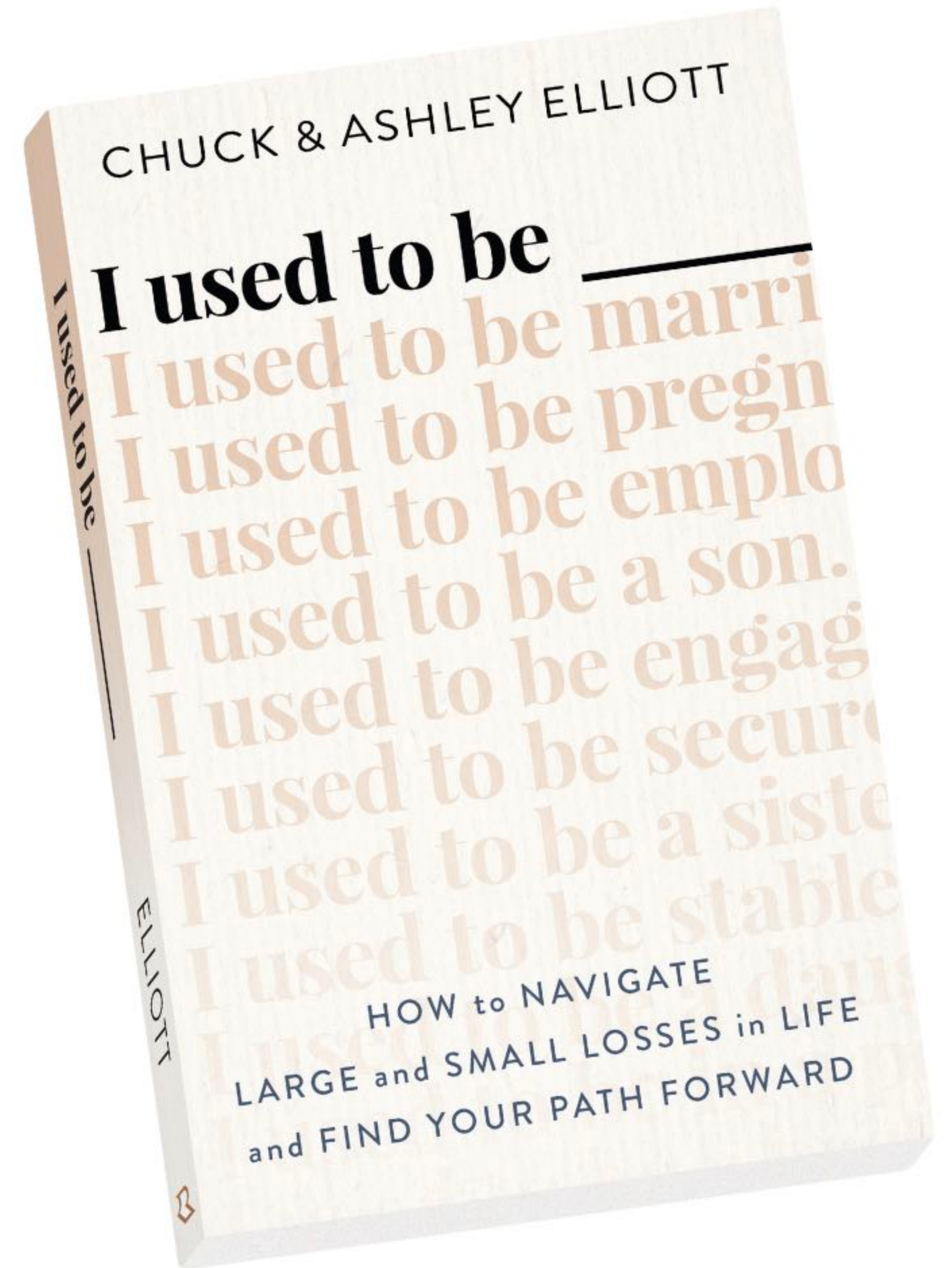
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Author, Speaker, Pastor



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UNWANTED TITLES



WIDOW

UNEMPLOYED

UNWANTED

DISTRUSTED

ORPHAN

ABANDONED

FORSAKEN

VICTIM



WANTED TITLES



HUSBAND

PASTOR

LEADER

FRIEND

PARENT

WRITER

TEAMMATE

TRUSTED



PSALM 84:5–6 (NIV)

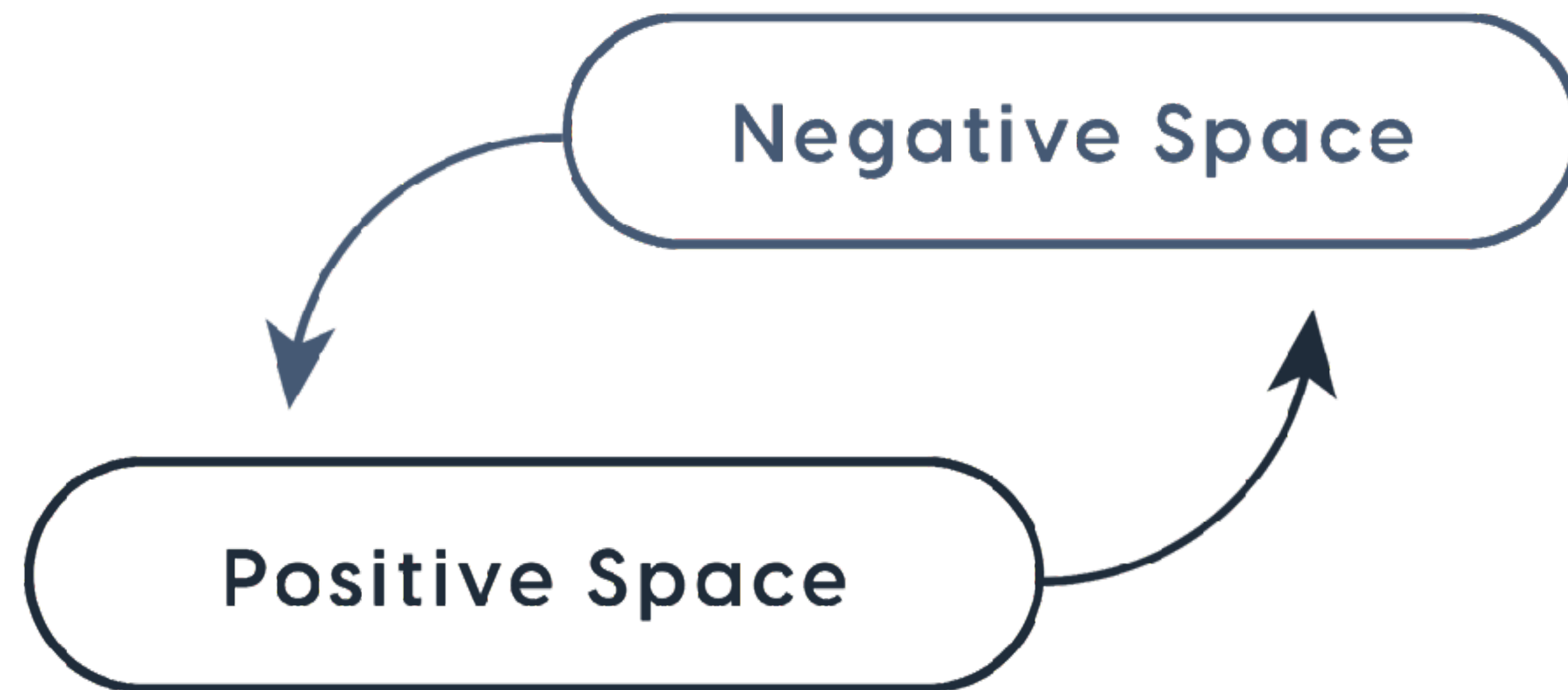
⁵ BLESSED ARE THOSE WHOSE
STRENGTH IS IN YOU, WHOSE HEARTS
ARE SET ON PILGRIMAGE. ⁶ AS THEY
PASS THROUGH THE VALLEY OF BAKA,
THEY MAKE IT A PLACE OF SPRINGS;
THE AUTUMN RAINS ALSO COVER IT
WITH POOLS.

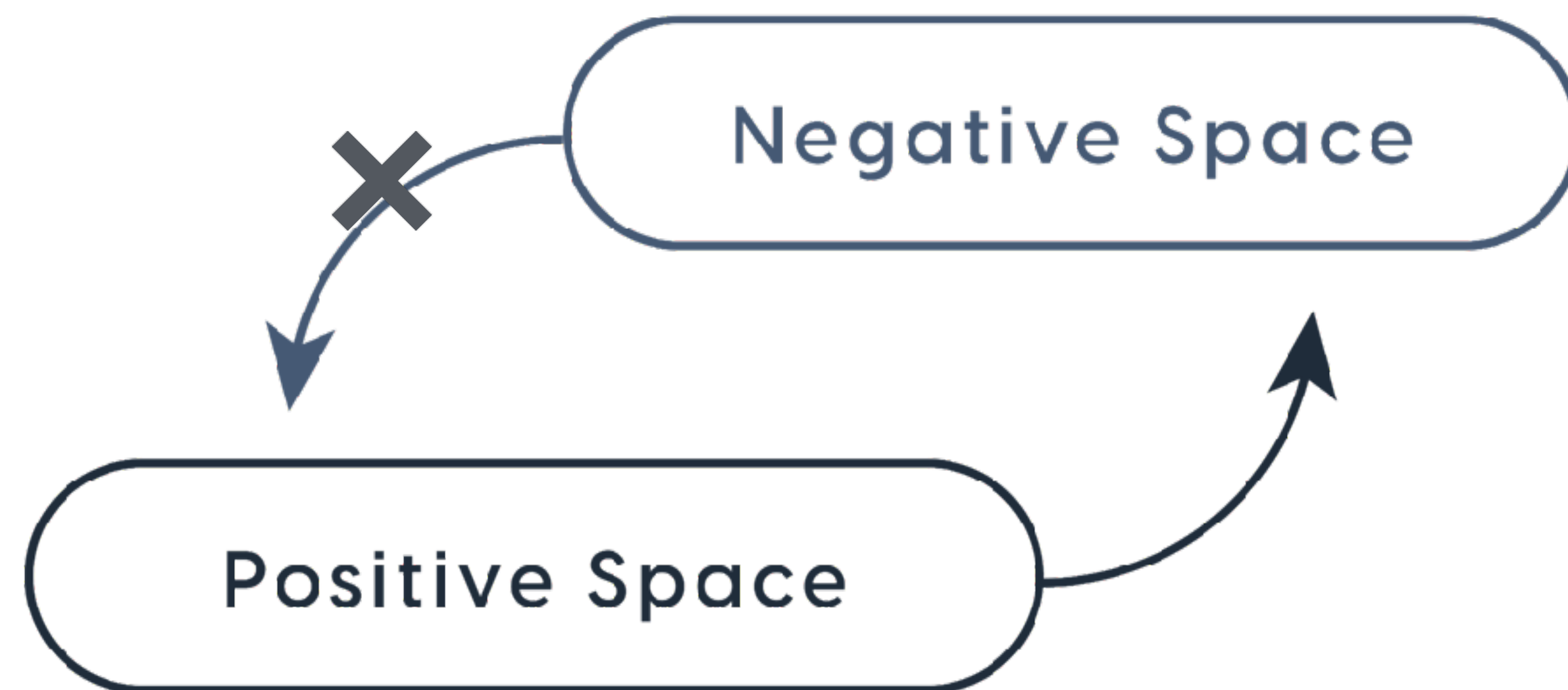


Negative Space

Positive Space







CA

AUTOMATIC SWITCH



THE SLOW FADE

CA

AUTOMATIC SWITCH



Negative Space

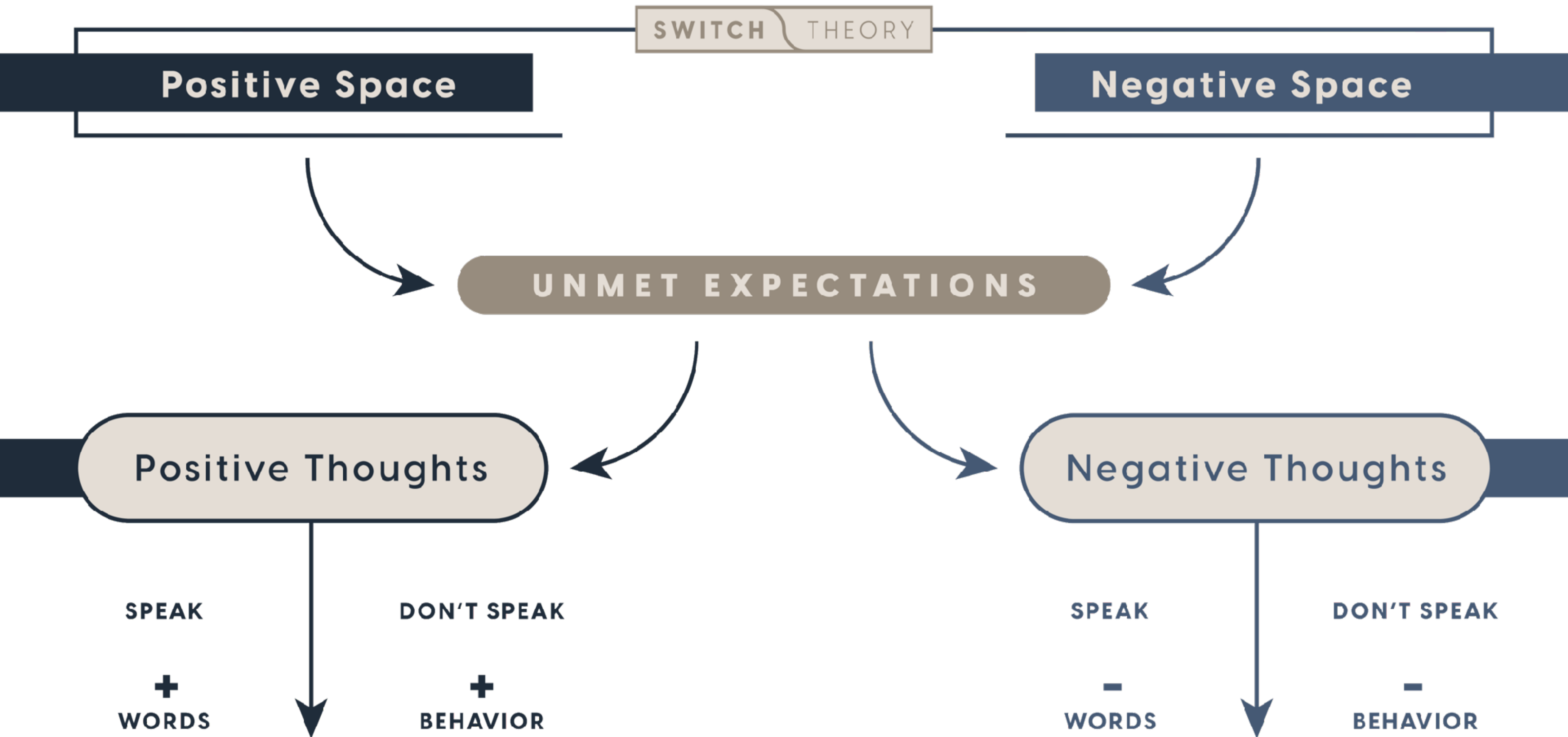
Positive Space



**Positive Coping
Mechanisms**

**Negative Coping
Mechanisms**

CA



AN AUTOMATIC SWITCH
CAN TAKE A MANUAL RESET



THE MANUAL SWITCH



THE THREE A'S TO CHANGE



THE THREE A'S TO CHANGE



STEP ONE AWARENESS

STEP TWO ASSESSING

STEP THREE ACTION



STEP ONE AWARENESS



STEP TWO ASSESSING



STEP THREE ACT



MENTAL STABILITY



MENTAL INSTABILITY

C&A

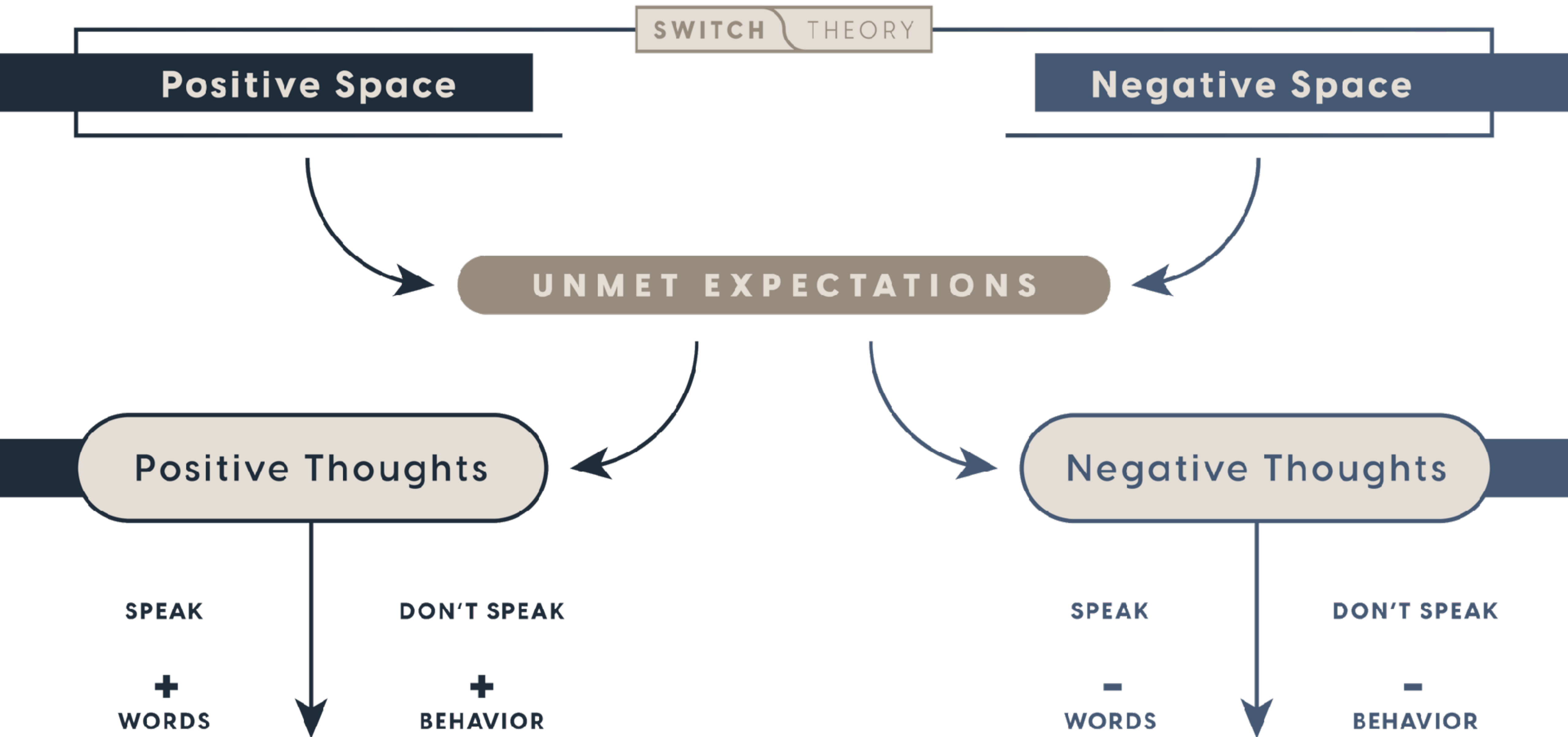


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I USED TO BE ____.

CA



SUMMARY



1. EVERYONE GETS IN A NEGATIVE
SPACE

EVERYONE WANTS TO BE IN A POSITIVE
SPACE





SLIDES AND HANDOUT

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Thank you!

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