



2025

GOLDEN KEY

SELF IMPROVEMENT SUMMIT

HANDBOOK

3rd-7th March, 2025

SESSIONS

A video **WELCOME ADDRESS** from Golden Key CEO Melissa Leitzell

WEBINARS

SMART Goals are Essential with Dr. Pearline Sturdivant	How to Navigate Relationships through Vulnerability with Dr. Kristen Andersen-Merz	Mastering Time Management: How to make the most of each hour in your day with Ian Bush
You Are Powerful! IN Action!! with Elisha Newton, M. Ed.	Coping with Stress and Maintaining Wellness with Dr. André Vermeulen	Tools for Building Emotional Resilience with Coreetha Entzminger
Debunk the Urgency Myth and Reclaim Your Focus with Kathleen Yeow	Goal Setting – Preparing to Publish Purposefully with Sue Elson GK BBus MPC PCDAAs ASA WV MEdPlus	Fuel Your Body, Ignite Your Life: The Intersection of Nutrition and Fitness with Elyse Crofts
Progress, Not Perfection with Vanessa Bush	Future of Productivity: Generative AI and its applications with Tom Themeles	Say it Now, Do It Now, and Believe in Yourself with Anton Camarota PhD
Cultivating creativity in your daily life with Dr. Melanie Sue Hicks	Reinvent Yourself in 2025: Transform Your Mindset, Elevate Your Skills, and Step into Your Best Self with Lisa Walker Holloway	Self Care for Caregivers with Megan Wollerton
Turning Obstacles into Opportunities with Dr. Hope Udombon	A video CLOSING ADDRESS from Golden Key CEO Melissa Leitzell	



Remember

All of the webinars and workshops will be recorded, so if you can make it live due to a schedule clash or time zone issue, you can watch the video at a later date. All videos will be uploaded here <https://academy.goldenkey.org/gksis25/> and will only be available to people who purchased access to the summit.

SMART GOALS ARE ESSENTIAL

with **Dr. Pearline Sturdivant**

Worksheet



Dr. Pearline Sturdivant is an educational leader who has a passion for curriculum instruction and development. In addition, she is an author, Spoken Word and visual artist.

SMART GOALS ARE ESSENTIAL

During this session, participants will understand how essential SMART goals are. In particular, participants will learn how their goals should be specific, measurable, achievable, relevant, and timely.

MASTERING TIME MANAGEMENT: HOW TO MAKE THE MOST OF EACH HOUR IN YOUR DAY

with **Ian Bush**

Worksheet



Ian Bush is a father and has been an Airman, author, and fireman. Ian started his career in the Air Force in 2013 and has been stationed at Grand Forks Air Force Base (AFB), ND, Pentagon, VA, and Cannon AFB, NM. In that time period, he has personally touched the lives of many Department of Defense (DoD) personnel and civilian populace through his Administration profession and his writing and firefighting passions. His ten year career has transitioned out of the DoD in 2024, where he finally recognized the importance of transitions and he desires teaching his experiences to others.

MASTERING TIME MANAGEMENT: HOW TO MAKE THE MOST OF EACH HOUR IN YOUR DAY

Discover the secrets to managing your time better from a former Airman and Fireman who previously worked with the Integrated Resilience Division at the Pentagon.

This practical webinar will explore the pillars of Mental, Physical, Social, Spiritual aspects of your life, and will take a detailed approach to showing you how to break down your year into manageable categories that will help you to make the most of each and every day, and achieve your chosen goals.

This session will be part-time management, but also a chance to reflect on whether you're doing what you want to do to fulfil your life.

MASTERING TIME MANAGEMENT: HOW TO MAKE THE MOST OF EACH HOUR IN YOUR DAY

with **Ian Bush**

Worksheet

Physical

Mental

Spiritual

Social

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Jan

Feb

March

April

May

June

July

Aug

Sept

Oct

Nov

Dec

MASTERING TIME MANAGEMENT: HOW TO MAKE THE MOST OF EACH HOUR IN YOUR DAY

with **Ian Bush**

Worksheet

Resources:

1. https://www.resilience.af.mil/Portals/71/Documents/Resilience%20Docs/Resilience_CAF_Domains.pdf

This methodology was used during my time in the Air Force and is the basis of what we are discussing.

2. **Do the Work** by Steven Pressfield.

This book helped me fight against the things that held me back a lot in my life.

3. <https://academy.goldenkey.org/wp-content/uploads/2021/05/THE-GKA-GUIDE-TO-SURVIVING-YOUR-UNIVERSITY-YEARS.pdf>

I published this book with Golden Key HQ back in 2018. Most people who are in university are learning how to manage their time, so I added this as a shameless plug for you all if you enjoyed my seminar.

YOU ARE POWERFUL! IN ACTION!!

with **Elisha Newton, M. Ed.**

Worksheet



Elisha Newton, M. Ed. is a Global Speaker, Builder, an Author, Innovator, and Educator who specializes in leading and building teams. As an Educator for 29+ years, she has led in Pre-K to 8th grade, in administration at various levels, and as a presenter at international conferences. Her book, “You Are Powerful!”, highlights the power of youth and adult scholars, and her book, “How to Love Your Job Daily for Educators”, assists leaders in reaching their goals while mentoring others. She is a scholar, and in her upcoming book, “Light” readers are encouraged to explore a thought-provoking journey as the first installment in a 5-book S.T.E.M. series. This book includes journal prompts to facilitate the exploration of interdisciplinary connections centered around the theme of light – encompassing scientific concepts, valuable life lessons, and opportunities for self-reflection.

YOU ARE POWERFUL! IN ACTION!!

“You Are Powerful!” Do you know why? Join us to reveal why! During our interactive time together, you will collaborate in full body movement, reflect on the book “You Are Powerful! and bring in action!!! Part of the action includes enjoying music, art and creating your on individual 7-, 15-, 30-, 60-, 90- Day plan to have fun daily, inject jubilation in your day, practice self-care daily, understand health=wealth, and how you as a stakeholder will use what you have learned to impact the scholars in your environment, and eliminate the disparity of 60% of scholars reading 2-3 years below grade level. One hint to why you are powerful: You are a valuable stakeholder! Join us at our interactive, “You Are Powerful! IN Action!!!” time together it is for you!

YOU ARE POWERFUL! IN ACTION!!

with **Elisha Newton, M. Ed.**

Worksheet

Object of Devotion Examples

You Are Powerful! IN Action Worksheet

What does literacy mean to you?

What goal would you like to reach?

What do you need to do in the next 90 days to reach your goal(s)?

What do you need to accomplish in the next 7, 15, 30, 60 days to reach your 90- Day goal(s)?

What will you complete? Delegate? What resources do you need? What logistics do you need to consider?

Complete

Delegate

Resources

Logistics

What is your self-care plan?

YOU ARE POWERFUL! IN ACTION!!

with **Elisha Newton, M. Ed.**

Worksheet

Resources:

T.H.R.I.V.E.™ SM Blueprint!

Our President and CJO of Renewed Spirit, Elisha Newton, shares her expertise as a Builder, Global Speaker, Accomplished Author who inspires women educators in new leadership positions practice life/work harmony, explore the answers to the questions, "What's Next?" now that I have my new role.? How do I choose a mentor and network? Using my T.H.R.I.V.E.™ SM blueprint that addresses their needs and provides valuable insights and resources to support them on their leadership journey. They co-create action plans assist them in answering the question, How do I reach my long and short term goals? The video content and T.H.R.I.V.E.™ SM blueprint based on research and Mrs. Newton's, 15+ years of her 29 year career in education, where her roles ranged from being a School District Districtwide Instructional Coordinator, to Director/Principal at an elementary school campus to Adjunct Professor at university, we are confident will attract and engage women educators in new leadership positions who are actively seeking guidance and support in achieving life/work rather than work/life harmony and career success.

Schedule a Discovery Call to Ascertain How Renewed Spirit Consultants can assist you in reaching your short and long term goals in new leadership positions.

<https://www.renewedspiritpublishing.org/book-online>

You Are Powerful! eCourses

Scholars who complete Modules 1-3 will receive a certificate of completion and Continuing Education Units (CEUs). Scholars are able to view their certificates up to 7 years as needed. Module 4 Renewed Spirit Bonus: Music Lesson.

<https://renewedspiritpublishing.thinkific.com/courses/YouArePowerful>

You Are Powerful! IN Action!! Challenge!! (Monthly)

Now that you've completed your You Are Powerful! Action Plan, have drawn/written your responses to your journal prompts! Here's your challenge! Share how You Are Powerful! IN Action!!

3 Days of F.U.N. Exciting Creation!

Day 1 and Day 2 development of creations & presentations

Day 3 Resubmit Tweaks After Receiving Feedback on this day!

View Events on the Renewed Spirit Publishing Website to view the dates/times the monthly Challenge takes place! Some months there are multiple challenges within the same month!

<https://www.renewedspiritpublishing.org/events>

How to Love Your Job Daily for Educators

The guide and journal, How to Love Your Job Daily For Educators: 7 Secrets to Understanding Health = Wealth, serves as a valuable resource for builders/leaders. It assists them in integrating fun, jubilation, and self-care into their daily practices. Educators explore holistic well-being to ensure they can effectively guide and support learners in reaching their goals and assists leaders in reaching their goals while mentoring others.

<https://www.renewedspiritpublishing.org/product-page/how-to-love-your-job-daily-for-educators-7-secrets-to-understanding-health-we>

YOU ARE POWERFUL! IN ACTION!!

with **Elisha Newton, M. Ed.**

Worksheet

Resources:

You Are Powerful! (relaunched) - 3rd edition is featured in the Black Children's Book Museum in the Metaverse

Use the link below to click the link on the List of Books/Authors featured in the Black Children's Book Museum to purchase You Are Powerful! on page two.

<https://www.jotform.com/grid/240095848006053>

Use the link below to experience the shoppable Black Children's Book Museum, click the right corner of the book cover and purchase, You Are Powerful!

<https://blackbabybooks.com/bcbw-sponsors/>

You Are Powerful! (relaunched) - 3rd edition (Hardcover)

Discover the power within you with Elisha T. Newton's transformative book, "You Are Powerful!" Aimed at igniting the spark of potential in both young minds and lifelong learners, this vibrant journey explores the extraordinary capabilities that lie within us all. Through captivating illustrations and engaging narratives, readers are invited to unlock their unique strengths and abilities. Accompanied by an enriching glossary and an exciting musical surprise, this book is not just a read—it's an experience. Perfect for educators, parents, and young readers alike, "You Are Powerful!" is your guide to uncovering the boundless opportunities that await when you believe in your own power. Embrace your inner strength today!

<https://www.renewedspiritpublishing.org/product-page/you-are-powerful-relaunched-3rd-edition-hardcover>

"You Are Powerful!" Coloring Book and Activity Guide!!

Unlock your creativity and enhance your cognitive skills with "You Are Powerful! Coloring Book and Activity Guide!!" This vibrant coloring and activity book invites you to embark on a transformative journey where imagination and mindfulness collide.

Dive into intricately designed pages filled with captivating illustrations that inspire your unique artistic expression. As you color, you'll not only unleash the artist within but also sharpen your focus, improve problem-solving abilities, and boost memory retention through engaging activities that stimulate your mind.

Experience the therapeutic benefits of mindfulness as you immerse yourself in a world of color, allowing stress and anxiety to melt away. Each page is an opportunity to embark on a creative adventure, and with every stroke, you'll discover the power of creativity to inspire joy and self-discovery.

Join a community of fellow creators and share your masterpieces with the world! Whether you're an experienced artist or a curious beginner, "You Are Powerful! Coloring Book and Activity Guide!!" is your invitation to explore, create, and thrive.

Are you ready to unleash your potential? Grab your colored pencils and let the journey begin! **Order your copies today.**

<https://www.renewedspiritpublishing.org/product-page/you-are-powerful-coloring-book>

Light!

Pre-Order the first book in the 5- book S.T.E.M. Series Light! During the session, there was a discussion about eliminating the disparities of scholars not reading on grade level. Mrs. Newton recommends this resource as one of the examples of ways to eliminate that disparity.

Elisha Newton, M. Ed. extends an invitation to readers to embark on an enlightening journey through her latest work, "Light!" This literary offering promises an exploration of scientific concepts, life lessons, and opportunities for introspection. Readers are encouraged to engage with journal prompts that facilitate the exploration of various interdisciplinary connections related to the theme of light.

<https://www.renewedspiritpublishing.org/product-page/lightAdditionalResources>

COPING WITH STRESS AND MAINTAINING WELLNESS

with **Dr André Vermeulen**

Worksheet



Dr. André Vermeulen is the founding member and CEO of Neuro-Link, a boutique consultancy utilizing neuroscience to identify and develop talent, increase performance, reduce the risk of error, and maintain wellness. He is a thought leader in the field of Neuro Agility. As an international keynote speaker, André has contributed to numerous prestigious platforms like TEDx Johannesburg and ATD ICE. He is a regular guest on many radio and television talk shows around the globe.

COPING WITH STRESS AND MAINTAINING WELLNESS

The generally heightened pace of change and information overload is causing tremendous stress for learners at every level. Stress is your brain's greatest enemy. It is significantly impacting your health, wellness, and performance in negative ways. During this session, Dr. André Vermeulen will explore how stress impacts your brain and offer solutions to how you can effectively cope with stress and maintain wellness during disruptive change.

The following key points will be discussed:

- What happens in the brain when you experience stress
- How stress impacts your performance and wellness
- What happens if you do not cope with change
- The relationship between stress and burnout

Key takeaway:

- Learn 5 immediate stress-coping skills
- Learn a proactive approach to cope with stress and maintain wellness

COPING WITH STRESS AND MAINTAINING WELLNESS

with **Dr André Vermeulen**

Worksheet

NEXT STEPS TO WORK THROUGH FOR IMMEDIATE STRESS RELIEF

The following activities can help you to cope more effectively with stress:

1. Learn to do effective breathing exercises when experiencing stress.

The following YouTube video illustrates how to do a breathing exercise.

- **Neuroscientist: You Will NEVER Feel Stressed Again | Andrew Huberman**

<https://www.youtube.com/watch?v=u00Bgihk2f8>

2. Progressive muscle relaxation exercises help you relieve physical stress.

The following YouTube video will teach you how to do muscle relaxation exercises.

- **How to do Progressive Muscle Relaxation**

<https://www.youtube.com/watch?v=1nZEdqcGVzo>

3. Visualization exercises help you to take your mind off stressful thoughts.

The following video on YouTube is a great visualization relaxation exercise.

- **15-Minute Guided Imagery Meditation Exercise | City of Hope**

<https://www.youtube.com/watch?v=qcdbCphVa1g>

4. Visualization exercises help you to stay focused and achieve your goals during stressful times.

The following video on YouTube by Andrew Huberman illustrates how to do it.

- **Neuroscientist: Visualization technique to achieve ALL your goals**

<https://www.youtube.com/watch?v=NoqEPY2fQyY>

5. Stress relief music and nature sounds can help you destress.

The following video on YouTube is a great example of using music and sounds of nature to relax.

- **Relaxing Music with Nature Sounds - Waterfall HD**

<https://www.youtube.com/watch?v=IE6RYpe9lTO>

- **Forest In 4K - The Healing Power Of Nature Sounds | Forest Sounds | Scenic Relaxation Film**

<https://www.youtube.com/watch?v=eNUpTV9BGac>

6. Do hook-up exercises as illustrated in the picture:



COPING WITH STRESS AND MAINTAINING WELLNESS

with **Dr André Vermeulen**

Worksheet

Resources:

The following resources can be found on the **Neuroagilityprofile.com** website that will help you to cope more effectively with stress:

1. Improving your brain agility will help you think learn and process information faster and easier. You can't improve what you can't measure. Go to <https://neuroagilityprofile.com/> website. Click on the home page. Scroll down to the button under Dr. André Vermeulen's photo and click on Do a **free brain agility check**. <https://survey.zohopublic.com/zs/KOBUUa>
2. Finger aerobics are exercises that help you activate your whole brain. On the neuroagilityprofile.com website, click on the Resources menu and then on the Webinars and Videos link. Scroll down to videos. In the Brain Agility section, you will find many **finger aerobics exercises** that help to improve brain agility, the starting point for developing brain fitness and mental flexibility.
3. On the neuroagilityprofile.com website, click on the Resources menu and then on the **Infographics** link.
 - The infographic on Neuroplasticity will strengthen your understanding of how stress impacts your brain function.
 - The Rewire Your Brain infographic is a great tool to help you replace worry and stressful thoughts with positive alternatives.

TOOLS FOR BUILDING EMOTIONAL RESILIENCE

with **Coreetha Entzminger**

Worksheet



Coreetha Entzminger is a doctoral student in clinical psychology and a therapist at a private practice in California. She has presented at several workshops through a non-profit organization called Togetherwell. Coreetha holds both a bachelor's and master's degree in psychology and has previously owned a life coaching company.

TOOLS FOR BUILDING EMOTIONAL RESILIENCE

Key Takeaways

- Emotional resilience can be strengthened through environmental, individual, and social factors.
- Having a good internal locus of control can help when actively problem-solving and adapting to an adverse situation.
- Acceptance is a large component of adjusting to life's challenges.
- Having an excellent support system is key to building resilience.
- Remember the 3 P's – Personalization, Pervasiveness, and Permanence.
- Emotional resilience can be built over time.
- Adopting a neutral way of thinking can later evolve into a more positive way of thinking.
- Anyone can become emotionally resilient.
- You cannot control every tragedy that comes into your life, but you can control your ability to respond and bounce back from it.
- Developing emotional resilience is beneficial for self-improvement overall.

TOOLS FOR BUILDING EMOTIONAL RESILIENCE

with **Coreetha Entzminger**

Worksheet

Resources:

<https://positivepsychology.com/resilience-theory/>

I recommend this article because it explains the theory on resilience and how it is viewed as a complex concept. This website also links to other videos and information on different types of resilience.

<https://www.apa.org/topics/resilience/building-your-resilience>

I recommend this article because it is informative on how to build and foster emotional resilience. It also goes more in depth about what is considered resilience and what isn't.

<https://www.psychologytoday.com/us/blog/design-your-path/201305/10-traits-emotionally-resilient-people>

I recommend this article because it describes ten different traits that emotionally resilient individuals possess.

<https://www.psychologytoday.com/us/tests/personality/resilience-test>

I recommend this 20-item test on resilience. It measures where a person is on the scale of resilience and their ability to bounce back from challenges. Please note this is not an official diagnostic assessment.

<https://dayoneapp.com/blog/emotional-resilience/>

I recommend this article and the Day One Journal app. The article contains strategies for cultivating emotional intelligence. The day one app is a digital journal that helps with staying on track for different habits and has various writing prompts to use.

DEBUNK THE URGENCY MYTH AND RECLAIM YOUR FOCUS

with **Kathleen Yeow**

Worksheet



Kathleen Yeow has over a decade of experience in leadership development, training, and organizational transformation. With a passion for empowering individuals and teams, she has successfully led initiatives that enhance leadership competencies, employee engagement, and learning outcomes. Her expertise spans across various industries, with a focus on using data-driven insights to optimize learning programs. Kathleen is also a certified coach and has worked with C-suite executives and senior

leaders to help them navigate change and build high-performing teams. Her topic draws from her hands-on experience in guiding professionals to manage competing priorities and improve focus in fast-paced environments.

DEBUNK THE URGENCY MYTH AND RECLAIM YOUR FOCUS

Join us for this webinar to explore how the constant pressure of urgency can derail productivity and wellbeing. This session is ideal for leaders, managers, and professionals feeling overwhelmed by competing priorities. Attendees will learn practical strategies to manage distractions, refocus on what matters, and implement techniques for sustainable productivity. Walk away with actionable tools to regain control of your time and create space for what truly drives success.

DEBUNK THE URGENCY MYTH AND RECLAIM YOUR FOCUS

with **Kathleen Yeow**

Worksheet

"Not everything that is urgent is important." – Dwight D. Eisenhower

Many workplaces operate in constant urgency mode, but does everything really require immediate attention? This worksheet will help you reflect on urgency, identify false urgencies, and create strategies to focus on what truly matters.

1. Recognizing False Urgencies

Think about your workday or week. Identify tasks that felt urgent but, in hindsight, were not truly critical. List 2-3 tasks that felt urgent but had no long-term impact:

i _____

ii _____

iii _____

2. Differentiating Between Urgency & Importance

Use the Eisenhower Matrix to categorize your tasks. Reflect on how much time you spend in each quadrant.

Quadrant

Example from Your Work

Urgent & Important (Do it now)

Not Urgent but Important (Plan & schedule)

Urgent but Not Important (Delegate or set boundaries)

Not Urgent & Not Important (Eliminate or reduce)

3. Shifting from Reacting to Responding

What is one action you can take to stop reacting impulsively to false urgencies?

DEBUNK THE URGENCY MYTH AND RECLAIM YOUR FOCUS

with **Kathleen Yeow**

Worksheet

Resources:

1. "Stolen Focus: Why You Can't Pay Attention – and How to Think Deeply Again" by Johann Hari (2022)

Hari investigates the decline in attention spans, attributing it to modern technology and societal factors. He identifies twelve elements contributing to this "attention crisis" and emphasizes the need for societal changes to address the issue.

2. "The Myth of Multitasking: How 'Doing It All' Gets Nothing Done" by Dave Crenshaw (2008)

Crenshaw challenges the notion that multitasking enhances productivity, arguing that it leads to inefficiency. He provides insights into managing time effectively by focusing on one task at a time.

3. "Indistractable: How to Control Your Attention and Choose Your Life" by Nir Eyal (2019)

Eyal delves into the psychology behind distraction and offers practical techniques to regain control over one's attention, emphasizing the importance of aligning actions with intentions.

4. "Deep Work: Rules for Focused Success in a Distracted World" by Cal Newport (2016)

Newport advocates for the practice of deep work – engaging in focused, distraction-free activities – to achieve significant results and enhance cognitive abilities.

5. "Focus: The Hidden Driver of Excellence" by Daniel Goleman (2013)

Goleman explores the science of attention, discussing how strengthening focus can lead to improved performance and well-being in various aspects of life.

6. "Stillness Is the Key" by Ryan Holiday (2019)

Holiday emphasizes the importance of cultivating stillness to achieve clarity, focus, and tranquillity, drawing on insights from various philosophies and historical figures.

7. "A Sense of Urgency" by John P. Kotter (2008)

Kotter discusses the critical role of urgency in driving change within organizations, providing strategies to instil a genuine sense of urgency while avoiding panic and burnout.

8. "The Power of Now: A Guide to Spiritual Enlightenment" by Eckhart Tolle (1997)

Tolle explores the concept of living in the present moment, offering guidance on how embracing the "now" can lead to a more focused and fulfilling life.

GOAL SETTING – PREPARING TO PUBLISH PURPOSEFULLY

with **Sue Ellson**

Worksheet



Sue Ellson GK BBus MPC PCDAAs ASA WV MEdPlus is an Independent LinkedIn Specialist, author, educator, practitioner and consultant. She has been publishing content online since 2001, is the author of five non-fiction books on the topics of LinkedIn, Careers, Business, Hyper Local Marketing and Gigsters and her next two books will be poetry books. Since completing her university studies, Sue has been attending up to four events every week to keep herself up to date and has completed well over 1,000 presentations including four for GK.
<https://sueellson.com>

HOW CAN YOU OVERCOME SELF-DOUBT AND IMPOSTER SYNDROME AND START PUBLISHING YOUR CONTENT ONLINE?

Overcoming Imposter Syndrome: 6 Evidence-Based Strategies

<https://www.psychologytoday.com/us/blog/neuroscience-in-everyday-life/202308/overcoming-imposter-syndrome-6-evidence-based-strategies>

How to Overcome Self-Doubt

<https://www.psychologytoday.com/intl/blog/click-here-for-happiness/202205/how-to-overcome-self-doubt>

Publishing Tips

- publish on your website
- publish on other websites
- share on social media
- get reviews on your website, Google and Facebook
- make content universally accessible (Mark Up – Headings, Bold Text, Lists, One or more Images, One Video, Quotes, References, Internal/External Links etc)
- text, images and video (all labelled with Alternative Text & Descriptions, captions – visual and embedded .srt file)
- link to your social media posts on your website posts

GOAL SETTING – PREPARING TO PUBLISH PURPOSEFULLY

with **Sue Ellson**

Worksheet

How can you handle criticism and negative thoughts?

- most crises last 19 hours (news cycle)
- have a support network
- focus on solutions not confrontation
- long term perspective
- be patient going forward and look back and see how far come

Goal Setting

- engagement ratio 3:1 – listen more than speak
- one piece of content 300 words once a week or month
- always respond to comments with solutions

Resources:

Download Sue Ellson's book 'Gigsters – Any Age or Ability Employees, Experts and Entrepreneurs' free without logging in at [https://www.researchgate.net/publication/356799302_Gigsters -
_Any_Age_or_Ability_Employees_Experts_and_Entrepreneurs](https://www.researchgate.net/publication/356799302_Gigsters_-_Any_Age_or_Ability_Employees_Experts_and_Entrepreneurs)

More at <https://sueellson.com/webinars-and-recordings>

FUEL YOUR BODY, IGNITE YOUR LIFE: THE INTERSECTION OF NUTRITION AND FITNESS

with **Elyse Crofts**

Worksheet



Elyse Crofts is a dedicated health and fitness professional with over 16 years of experience as a personal trainer. Currently pursuing a degree in dietetics, she combines a strong foundation in nutrition with practical fitness expertise to help individuals achieve their wellness goals. In addition to her academic pursuits, she works as a medical sterilisation technician, further enhancing her understanding of health and safety in the medical field.

As a proud member and ambassador of the GKA and a member of La Trobe University's Excellence Academy, Elyse is committed to promoting health and well-being within the community. Over the years, she has successfully worked with hundreds of clients and currently runs an online fitness business, empowering individuals to cultivate healthier lifestyles through tailored fitness programs and nutritional guidance.

With a passion for continuous learning and a commitment to helping others unlock their potential, Elyse is excited to share insights on the intersection of nutrition and fitness at the upcoming seminar, "Fuel Your Body, Ignite Your Life."

FUEL YOUR BODY, IGNITE YOUR LIFE: THE INTERSECTION OF NUTRITION AND FITNESS

Join us for a dynamic seminar exploring the vital connection between nutrition, fitness, and their profound impact on mental well-being and academic performance. We will delve into the latest research on how balanced nutrition and regular exercise can enhance cognitive function and reduce stress. Key topics include understanding the role of macronutrients and micronutrients in brain health and the benefits of physical activity for mental clarity. Attendees will learn about creating meal plans that support academic focus and incorporating fitness into a busy academic lifestyle. This seminar is ideal for students, academics, and health enthusiasts aiming to boost their mental acuity and manage stress effectively. Gain practical tools and resources to make informed choices that enhance both your mind and academic success!

ELYSE CROFTS: FUEL YOUR BODY, IGNITE YOUR LIFE:
THE INTERSECTION OF NUTRITION AND FITNESS
ACADEMIC WELLNESS WORKSHEET: FUEL YOUR MIND & BODY

1. Key Definitions & Concepts

- **Macronutrients:** Carbohydrates, proteins, and fats—essential for sustained energy during long study sessions.
- **Micronutrients:** Vitamins and minerals that support brain function, immunity, and concentration.
- **Hydration:** Maintaining optimal water levels to boost cognitive performance and overall physical health.
- **Mindful Eating:** A practice that encourages focus on the eating process, helping to prevent stress-related or distracted snacking.
- **Sustainable Meal Planning:** Creating balanced dietary strategies that fit the academic schedule and fuel both mental and physical performance.

2. Reflection & Notes

Today's Key Academic Insight:

(Write down one major takeaway from the session that relates to balancing nutrition, fitness, and academic performance.)

Personal Academic & Health Goal:

(Set a realistic goal that combines your study habits with fitness or nutrition improvements. For example, "Incorporate a 10-minute walk between study sessions" or "Prepare a balanced lunch to sustain energy during long classes.")

ACADEMIC WELLNESS WORKSHEET: FUEL YOUR MIND & BODY

3. *Activity: Create Your Academic fuel Plan*

Step 1: List your typical daily schedule, highlighting key academic activities (classes, study sessions, breaks).

• **Morning:** _____

• **Mid-day:** _____

• **Afternoon/Evening:** _____

Step 2: Identify three meals/snacks that you can align with your schedule for optimal energy.

• **Breakfast:** _____

• **Lunch:** _____

• **Snack/Dinner:** _____

Step 3: Note the macronutrients present in these meals and consider how they can be adjusted to support sustained concentration and energy.

• **Breakfast:** _____

• **Lunch:** _____

• **Snack/Dinner:** _____

Step 4: Write one actionable change to enhance your meal plan for better academic performance (e.g., adding a source of protein, a serving of fruits/vegetables, or planning a hydration reminder).

Action:

DAILY FOOD CHOICES

4. *Self Reflection Prompts (During/ After Session)*

- **Prompt 1:** How do your current nutrition and fitness habits affect your academic performance and focus?
- **Prompt 2:** What small change can you implement to ensure you maintain energy and concentration throughout the day?
- **Prompt 3:** How can regular physical activity be scheduled around your academic responsibilities to improve overall well-being?

5. *Additional Space for Notes*

(Use this section for extra reflections, questions, or ideas on balancing academics with a healthy lifestyle.)

THE PLATE RULE

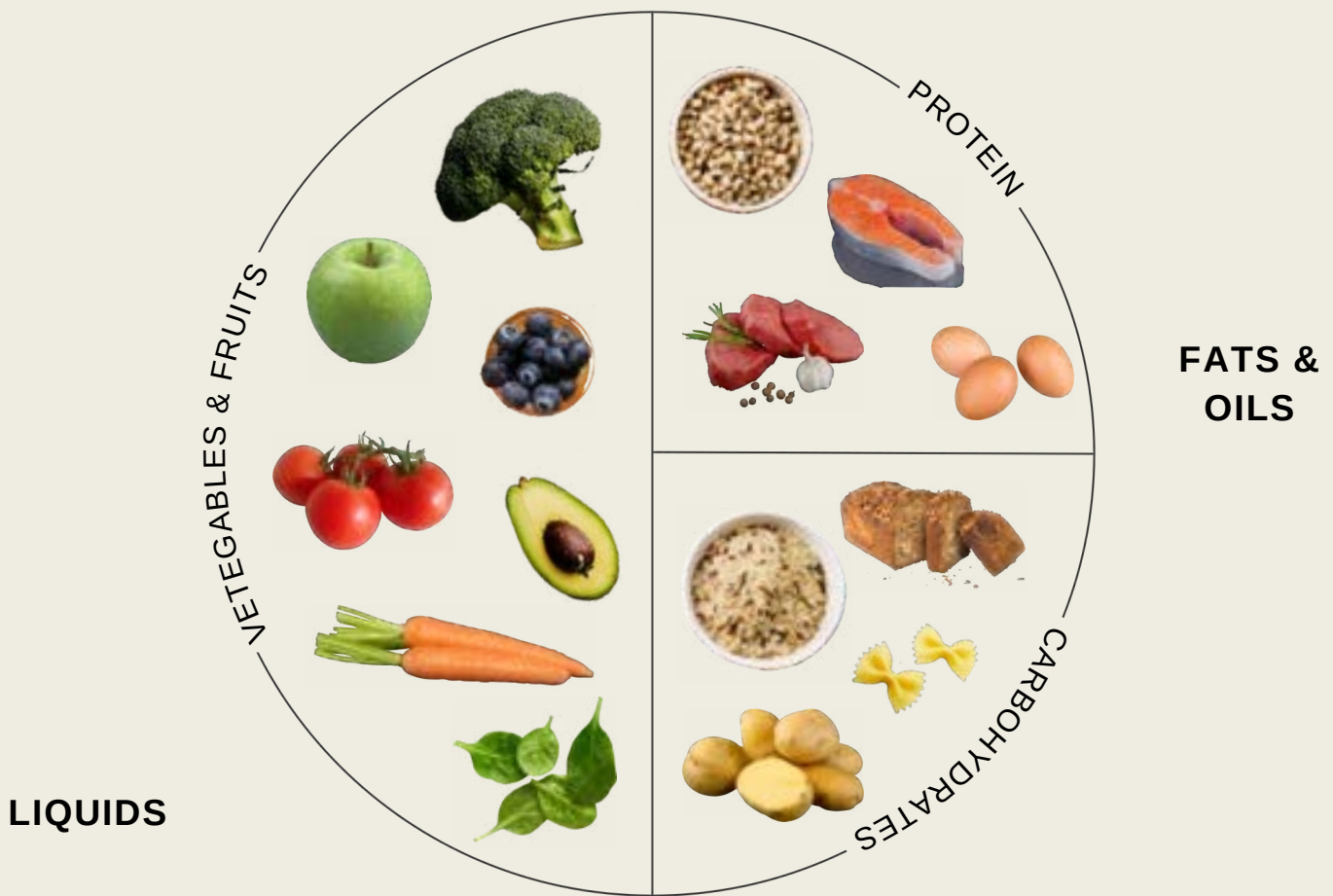
your guide for creating balanced meals

VEGETABLES & FRUITS

Vegetables and fruits are rich in vitamins, minerals, and antioxidants, which protect against oxidative stress and boost the immune system. Aim for a colorful mix of produce to ensure a wide range of nutrients. Fresh, seasonal options or frozen alternatives can be incorporated into meals and snacks for sustained energy and enhanced brain function.

PROTEIN

Proteins are essential for the repair and growth of tissues and play a key role in the production of enzymes and hormones. For optimal health, include a variety of protein sources such as lean meats, fish, legumes, tofu, and dairy products. These sources help maintain muscle mass and support cognitive functions vital for academic performance.



LIQUIDS

LIQUIDS

Proper hydration is key to maintaining optimal cognitive function and physical performance. Water should be the primary beverage, but herbal teas and diluted fruit juices can also contribute to your fluid intake. It is important to drink water consistently throughout the day to prevent dehydration, which can lead to fatigue and diminished concentration.

CARBOHYDRATES

Carbohydrates serve as the body's primary energy source, crucial for fueling both mental and physical activities. It is recommended to focus on whole grains, such as brown rice, quinoa, and whole wheat products, which provide sustained energy release. Including starchy vegetables like sweet potatoes can also contribute valuable fibre and nutrients.

FATS & OILS

Fats are necessary for brain health, hormone production, and the absorption of fat-soluble vitamins. Emphasize healthy fats found in sources like avocados, nuts, seeds, and olive oil, while limiting saturated and trans fats. Omega-3 fatty acids from fatty fish such as salmon or plant-based sources like flaxseeds are especially beneficial for cognitive performance.

FUEL YOUR BODY, IGNITE YOUR LIFE: THE INTERSECTION OF NUTRITION AND FITNESS. RESOURCE LIST

Book: "Nutrition and Physical Degeneration" by Weston A. Price

Why: This classic work provides historical insights into traditional diets and their impact on overall health—useful for understanding the evolution of nutritional science.
Price, W. A. (2003). Nutrition and physical degeneration. Ballantine Books.

Documentary: "The Performance Cortex"(2018). [Film]. Brain Archive Films.

Why: This film explores the neural mechanisms behind physical performance, offering a unique perspective on how exercise and brain function are intertwined.

Podcast: "FoundMyFitness" by Dr. Rhonda Patrick

Why: Delivers in-depth scientific discussions on nutrition and fitness, making it a valuable resource for enhancing academic performance through informed lifestyle choices.
Patrick, R. (Producer). (n.d.). FoundMyFitness [Audio podcast]. Retrieved from <https://www.foundmyfitness.com/>

Peer-Reviewed Article: Brain Foods—The Effects of Nutrients on Brain Function

Why: This article by Gómez-Pinilla provides a comprehensive review of how different nutrients affect brain structure and function, with implications for learning and memory.
Gómez-Pinilla, F. (2008). Brain foods: The effects of nutrients on brain function. *Nature Reviews Neuroscience*, 9(7), 568–578. <https://doi.org/10.1038/nrn2421>

Web Article: Foods Linked to Better Brainpower (Harvard Health Publishing)

Why: This article provides evidence-based insights on which foods support cognitive performance and overall brain health, making it a practical resource for academics.

Link: [Foods Linked to Better Brainpower](#)

Harvard Health Publishing. (n.d.). Foods linked to better brainpower. Harvard Medical School. Retrieved from <https://www.health.harvard.edu/mind-and-mood/foods-linked-to-better-brainpower>

Peer-Reviewed Article: The Influence of Diet on Mental Performance

Why: This article reviews how dietary factors, such as macronutrients and micronutrients, can affect cognitive function and academic performance, offering evidence from controlled studies.
Benton, D. (2008). The influence of diet on mental performance. *Brain and Cognition*, 66(2), 219–230. <https://doi.org/10.1016/j.bandc.2008.02.003>

Government Resource: NIH Office of Dietary Supplements – Omega-3 Fatty Acids

Why: This webpage offers an overview of omega-3 fatty acids, their benefits for brain health, and the research behind them, which is crucial for understanding nutrition's role in cognitive performance.

Link: [NIH Omega-3 Fatty Acids Factsheet](#) National Institutes of Health, Office of Dietary Supplements. (n.d.). Omega-3 fatty acids. Retrieved from <https://ods.od.nih.gov/factsheets/Omega3FattyAcids-Consumer/>

PROGRESS, NOT PERFECTION with Vanessa Bush

Worksheet



Vanessa Bush is a business development and higher education leader with over 15 years of experience. As a young girl, Vanessa gravitated toward books and, much to her parents' surprise, read her first one at age two. Since then, she has created short stories and poems, the latter of which have been published in various magazines. A graduate of both the University of New Hampshire and Northeastern University, she considers herself a true supporter of lifelong learning.

In 2023, Vanessa published her first non-fiction book called 'Embracing Your Perfectionist Self', embodying her commitment to valuing progress over true perfection.

PROGRESS, NOT PERFECTION

Are you a perfectionist who finds it getting in the way of work and life? Do you wonder if there are better ways to channel your anxiety and need for control and order?

In "Progress, not Perfection", hear from Golden Key alumna and author Vanessa Bush, who will share stories, research and advice on how to embrace perfectionism in healthier ways. Attendees will walk away with ideas and strategies on how to find a healthy balance between expectations and reality.

Resources:

- Book: "The Light We Carry" by Michelle Obama
- Book: "First, We Make the Beast Beautiful" by Sarah Wilson
- New York Times - <https://www.nytimes.com/guides/working-womans-handbook/overcome-impostor-syndrome>
- Entrepreneur Magazine - [12 Leaders, Entrepreneurs and Celebrities Who Have Struggled With Imposter Syndrome](#)
- Psychology Today - <https://www.psychologytoday.com/us/blog/mind-of-the-manager/202308/progress-not-perfection-is-a-reasonable-goal>

Top 10 Effective Ways to Embrace Perfectionism

1. Ask yourself "Is it really the end of the world?"
2. Are your thoughts, expectations, or assumptions grounded in data, or could it be your anxiety speaking?
3. Time only moves forward, not backward. It never helps to mull over the past. Focus on what you learned, and move on.
4. Failure and success are two sides of the same coin. Both are necessary to learn, grow and achieve.
5. Remember that greatness does not happen overnight. Small goals are the best way to accomplish big things.
6. Many suffer from imposter syndrome, but there's oftentimes no evidence to support feeling this way.
7. You are so much more than your job, your looks, your achievements, your mistakes, etc. Humans are naturally imperfect, and we are all worthy.
8. A crappy first draft is better than no draft at all.
9. What we can't control, we can usually handle.
10. Vulnerability is an underrated superpower. You'll be surprised how much it resonates.

FUTURE OF PRODUCTIVITY: GENERATIVE AI AND ITS APPLICATIONS

with **Tom Themeles**

Worksheet



Tom Themeles specializes in data science, generative AI, education, business solutions, and the customer journey. He has academic degrees in science, humanities, and education, as well as certificates and credentials in data science and cybersecurity. He helps small businesses and startups transform their operations through the automation of workflows and processes, utilize data for business analytics, develop and implement custom customer experiences and support, utilize generative AI to increase productivity, and provide up to date cybersecurity guidelines and solutions. Tom previously presented to venture capitalists, angel investors, entrepreneurs, and business professionals on how to invest, start a business, and transform your business using Generative AI. You can connect with him on LinkedIn and available for consultation, public speaking, fractional work, research, and as an advisor.

FUTURE OF PRODUCTIVITY: GENERATIVE AI AND ITS APPLICATIONS

Generative AI is transforming industries by improving productivity, efficiency, and creativity from creating content to automating tasks, all while enhancing decision-making processes. It is rapidly gaining traction across various industries and occupations as well as transforming the way we work. This webinar will introduce you to the world of Generative AI, how it works, how to increase your productivity, and selecting the platforms, products, and models to suit your needs.

FUTURE OF PRODUCTIVITY: GENERATIVE AI AND ITS APPLICATIONS

with **Tom Themeles**

Worksheet

Defining Generative AI

A part of artificial intelligence (AI) that consists of large language models (LLMs) that generate text, images, code, and other outputs based on your input (known as prompts).

Best Practices for Using Generative AI

Define Your Objective:

Be concise about the task you want generative AI to help you with.

Provide Clear Prompts:

Use detailed and specific instructions for optimal results.

Review and Edit Responses:

Any AI-generated content should be checked for accuracy and context.

Maintain Privacy:

Avoid sharing any confidential or sensitive business information.

Continuously Improve Usage:

Learn from AI interactions and refine prompts for better outcomes.

Defining Prompt Engineering

The ability of typing effective inputs or instructions for generative AI models to produce more accurate and useful responses.

You MUST learn Prompt Engineering to be productive and generate the results you are looking for !

Principles and Guidelines to follow for Prompt Engineering:

1. Outline your position or role (i.e. I am a teacher.)
2. State your objective(s) (i.e. I want to create a lesson plan on the history of the world.)
3. Provide context and limitations (i.e. The lesson plan should be no more than 500 words.)
4. Break down any detailed requests (i.e. Step 1, Step 2, etc.)
5. Use tone and style (i.e. Please make the lesson engaging for students.)

Limitations to be aware of:

Inaccurate Responses
(Misinformation)

Hallucinations
(Made up content)

Outdated Content
(Model is out of date)

Security and Privacy
(Sharing content)

Platforms and models:

Platform	OpenAI	Gemini	Claude	Llama
Flagship Models	GPT-4o: Versatile and high intelligence GPT-4o mini: Affordable smaller model for focused tasks o1 and o1-mini: Reasoning and multi-step tasks	2.0 Flash: Multimedia input and output 1.5 Flash: Generate code and extract data 1.5 Pro: Reasoning tasks	3.5 Sonnet: Most intelligent and highest level 3.5 Haiku: Fastest model 3 Opus: Highly complex tasks	Llama 3.3: Leading performance Llama 3.2: Run on mobile devices, reason on images Llama 3.1: Run anywhere, widest variety of use cases



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t.themeles@live.ca

Connect on Discord
(Golden Key Members)

FUTURE OF PRODUCTIVITY: GENERATIVE AI AND ITS APPLICATIONS

with **Tom Themeles**

Worksheet

Resources:

Recommended Websites

- **OpenAI: (openai.com)** The creators of DALL-E 2, ChatGPT, and other groundbreaking generative AI models. Their blog and research publications are essential reading for staying up-to-date on the cutting edge.
- **Google AI: (ai.google)** Google's research and development arm related to AI. They often publish blog posts and research papers on their latest findings in generative AI, covering a broad range of applications.
- **DeepMind: (deepmind.com)** Another leading AI research company, DeepMind is known for its work on AlphaGo and other AI breakthroughs. They also conduct research in generative AI and related areas, and their website offers insights into their work.
- **Towards Data Science (Medium): (towardsdatascience.com)** A Medium publication with numerous articles and tutorials on data science, machine learning, and AI, including generative AI. A good place to find practical guides and explanations of complex concepts.
- **MIT Technology Review: (technologyreview.com)** Provides in-depth articles and analysis on emerging technologies, including AI and generative AI. They offer a broader perspective on the impact of these technologies on society and the economy.

Recommended Podcasts

NVIDIA AI Podcast

Explores the impact of AI on the world from personal and professional perspectives.

Eye on AI

Eye On AI features a podcast with senior researchers and entrepreneurs in the deep learning space.

AI in Life

This podcast explores the practical applications of AI in everyday life, including generative AI.

This Week in Machine Learning and AI

It explores the technical aspects of generative AI.

Recommended YouTube Channels

AI Master (<https://www.youtube.com/@iamAlmaster>): This channel provides tutorials and demonstrations of various AI tools, including generative AI platforms. They often focus on practical applications and workflows for boosting productivity.

Microsoft (<https://www.youtube.com/@Microsoft>): This channel helps you learn about how you can utilize Microsoft's Copilot within Microsoft's suite of products and services.

Kevin Stratvert (<https://www.youtube.com/@KevinStratvert>): This channel features a full-time education content creator who provides helpful, constructive, and engaging instructional videos on how to use a variety of products including generative AI.



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SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

with **Anton Camarota PhD**

Worksheet



Anton Camarota PhD is CEO and Owner of WorldMakers, an organizational consultancy for Fortune 1000 clients as well as numerous emerging companies and small businesses. Anton helps leaders and managers achieve leadership excellence while overcoming the multi-faceted challenges of sustaining their operations. As a scholar-practitioner, Dr. Camarota has extensive experience in university education and has developed classes in management and leadership for both on-ground and online learners. Anton is a frequent speaker at international conferences where he presents cutting edge organizational leadership and sustainable business management seminars.

SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

Young professionals must navigate a world of rapid change, fewer safety nets, and constant pressure to adapt. In this webinar we acknowledge the uncertainty many feel about success, and present strategies for thriving in the face of constant change and increasing complexity. Participants will understand how lifelong learning, meaningful work, strong relationships, integrity, and personal agency can help to create career stability and a meaningful life. The key take aways are (1) an understanding of how to move forward while maintaining personal integrity, and (2) how to define strategies for both short-term and long-term success.

SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

with **Anton Camarota PhD**

Worksheet

1. Review the examples of objects of devotion and archetypal roles

2. Perform a situational self-assessment

- What is my object of devotion?
- What is my archetypal role?

3. **Say it now**

- Tell your worldview stories to a friend, family member, or colleague
- Watch for your emotional charge during the telling of your story

4. **Do it now**

- Determine if your environment supports or denies meaning
- How can I move forward towards more meaning?
- Does my external environment support or deny living out my worldview?

5. **Believe in Yourself!**

- You can live a meaningful life - just like many who have gone before you have done
- Find strength in a group or an organization that supports your journey

SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

with **Anton Camarota PhD**

Worksheet

Object of Devotion Examples

Art and Creativity – **Vincent van Gogh** was devoted to his art, producing over 2,000 artworks despite struggling with mental illness and financial hardship, believing in the power of artistic expression (Naifeh & Smith, 2011).

Education – **Malala Yousafzai** risked her life advocating for girls' education in Pakistan, surviving an assassination attempt and continuing her mission on a global scale (Yousafzai, 2013).

Athletic Excellence – **Michael Jordan** was devoted to basketball, training relentlessly and overcoming challenges to become one of the greatest athletes of all time (Lazenby, 2014).

Environmental Conservation – **Jane Goodall** dedicated her life to studying and protecting chimpanzees, advocating for wildlife conservation and sustainable living (Goodall, 2000).

Medical Advancements – **Jonas Salk** devoted his career to medical research, developing the first successful polio vaccine and refusing to patent it so it could be widely available (Kluger, 2004).

Religious Faith – Many individuals dedicate their lives to religious devotion. For example, **Mother Teresa** devoted her life to serving the poor and sick in India through the Missionaries of Charity, driven by her deep Catholic faith (Spink, 2011).

Personal Freedom – **Nelson Mandela** spent 27 years in prison for his devotion to ending apartheid in South Africa. His unwavering belief in justice and human rights eventually led to the country's first multiracial elections (Mandela, 1994).

Scientific Discovery – **Marie Curie** devoted her life to the study of radioactivity, leading to groundbreaking discoveries that won her two Nobel Prizes in physics and chemistry, despite facing discrimination as a woman in science (Quinn, 1995).

Social Justice – **Martin Luther King Jr.** was devoted to the fight for civil rights, advocating for racial equality through nonviolent protest and his iconic "I Have a Dream" speech (King, 1963).

SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

with **Anton Camarota PhD**

Worksheet

Archetypes and Social Roles

Artists are devoted to solving problems by inventing something that didn't exist before.

Sages empower people to change the world rather than bring about a change on their own.

Caregivers protect people and make them feel secure.

Innocents live simply and authentically with a strong positive outlook on life.

Jesters help people let go of stressful thoughts, come out of their shell and have fun.

Magicians deliver transformative experiences and make dreams come true.

Rulers are powerful and influence others with authority and expertise.

Heroes exhibit courage and are a source of inspiration in making the world a better place.

Everyman seeks to belong, blend in and send the message that it's okay to be normal.

Outlaws aggressively break through the status quo, even if it requires a fight.

Explorers travel and discover new places, new people, and new pathways to self-fulfillment

Lovers find strength in intimacy, passion and emotional connection.

SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

with **Anton Camarota PhD**

Worksheet

Resources:

- Bandura, A. (1997).** Self-efficacy: The exercise of control. W.H. Freeman.
- Brown, B. (2018).** Dare to lead: Brave work. Tough conversations. Whole hearts. Random House.
- Burns, D. D. (1980).** Feeling good: The new mood therapy. Harper.
- Deci, E. L., & Ryan, R. M. (2000).** The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry*, 11(4), 227-268.
- Deci, E. L., & Ryan, R. M. (2000).** Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55(1), 68-78.
- Dweck, C. S. (2006).** Mindset: The new psychology of success. Random House.
- Goodall, J. (2000).** Reason for hope: A spiritual journey. Warner Books.
- King, M. L. (1963).** I have a dream. Speech delivered at the Lincoln Memorial.
- Kluger, J. (2004).** Splendid solution: Jonas Salk and the conquest of polio. G. P. Putnam's Sons.
- Lazenby, R. (2014).** Michael Jordan: The life. Little, Brown and Company.
- Mandela, N. (1994).** Long walk to freedom. Little, Brown and Company.
- Naifeh, S., & Smith, G. W. (2011).** Van Gogh: The life. Random House.
- Neff, K. (2011).** Self-compassion: Stop beating yourself up and leave insecurity behind. HarperCollins.
- Nin, Anaïs. (2015).** The quotable Anaïs Nin. Sky Blue Press.
- Quinn, S. (1995).** Marie Curie: A life. Simon & Schuster.
- Ryan, R. M., & Deci, E. L. (2017).** Self-determination theory: Basic psychological needs in motivation, development, and wellness. Guilford Press.
- Solomon, M. (1998).** Beethoven. Schirmer Trade Books.
- Seligman, M. E. P. (2011).** Flourish: A visionary new understanding of happiness and well-being. Free Press.
- Spink, K. (2011).** Mother Teresa: An authorized biography. HarperOne.
- Yousafzai, M. (2013).** I am Malala: The girl who stood up for education and was shot by the Taliban. Little, Brown and Company.

SAY IT NOW, DO IT NOW, AND BELIEVE IN YOURSELF

with **Anton Camarota PhD**

Worksheet

NOTES:

CULTIVATING CREATIVITY IN YOUR DAILY LIFE

with **Dr. Melanie Sue Hicks**

Worksheet



Dr. Melanie Sue Hicks is a powerhouse in workforce strategy, employee experience, and corporate training, guiding hundreds of clients—from startups to global organizations—toward success. A fearless traveler and philanthropist, she has journeyed over 120,000 miles across 44+ countries, dedicating more than 2,500 hours to service work that deepened her expertise in resilience and human connection. As the author of *Incongruent: Travel, Trauma, Transformation* and curator of *Shaking Off the Ashes*, she transforms adversity into inspiration through storytelling. Her words have graced the pages of *Forbes.com*, *Marie Claire*, *Authority Magazine*, and more, proving that resilience isn't just a theory—it's a way of life. Leading both *InPursuit Consulting* and *Inked Elephant Publishing*, she helps businesses thrive and emerging authors shine, earning recognition from *Forbes*, *NBC*, and *CBS* along the way.

CULTIVATING CREATIVITY IN YOUR DAILY LIFE

Interested in making creative activities a bigger part of your personal or professional life in 2025? Join author, adventurer and philanthropist Melanie Hicks as she walks you through her signature methodology for connecting with your inner creative, avoiding the creative gremlins like writers block, dealing with “Shiny Object Syndrome”, learning how to deal with the Procrastination Train, and becoming “an artist who ships”. This session will be inspirational but also practical, and will be useful for anyone interested in taking a first step towards creativity or developing an existing creative practice.

CULTIVATING CREATIVITY IN YOUR DAILY LIFE

with **Dr. Melanie Sue Hicks**

Worksheet

1. Do you considering yourself a creative? In what ways do you use creativity in your everyday life?
2. Think of a project you had a difficult time finishing? What were the things that held you back? Were they logistical? Emotional? Situational? Interpersonal?
3. Excavate Your Attic Activity
4. Eliminate Your Obligations Activity
5. Embolden Your Resolve Activity

Resources:

- Lamott, A. (1994). *Bird by Bird*: Some instructions on writing and life. Pantheon Books.
- Pressfield, S. (2002). *The War of Art*: Break through the blocks and win your inner creative battles. Black Irish Entertainment.
- Cameron, J. (1992). *The Artist's Way*: A spiritual path to higher creativity. TarcherPerigee.
- Gilbert, E. (2015). *Big Magic*: Creative living beyond fear. Riverhead Books.

REINVENT YOURSELF IN 2025: TRANSFORM YOUR MINDSET, ELEVATE YOUR SKILLS, AND STEP INTO YOUR BEST SELF

with **Lisa Walker Holloway**

Worksheet



Lisa Walker-Holloway, MBA, MA, CLC, also known as “Coach Lisa”, is a passionate leader with over 20 years of coaching and development experience in Corporate America. She is a life coach, author, motivational speaker, and the CEO and Founder of JMC Career Solutions & Consulting, LLC. She offers personal and professional development coaching with an emphasis on goal achievement. She coaches women entrepreneurs, mid-level professionals, and millennials on how to set and crush their goals.

In June 2019, she published a guided, goal-setting journal, the Get It journal.

The journal is guided by her 3D success formula, and it provides a blueprint to help her clients reach their potential and achieve their goals. She believes that everyone has the power to believe in what they want to become, and her mission is to spark personal power and inspire purpose in others. Coach Lisa envisions a world where everyone is living their purpose-filled journey. She has a Bachelor of Arts in History from the University of Georgia; she earned her MBA from the University of Phoenix and her Master of Art in Psychology at the University of Arizona Global Campus. Lisa is pursuing her PhD in Organizational Development and Leadership at the University of Arizona Global Campus

REINVENT YOURSELF IN 2025: TRANSFORM YOUR MINDSET, ELEVATE YOUR SKILLS, AND STEP INTO YOUR BEST SELF

Join us for this powerful masterclass designed to help you unlock your potential, break free from old patterns and create a bold new vision for your life and career.

This session really highlights the importance of intentional living, aligning your vision with your goals and using Lisa’s 3D Success Formula to create the best version of yourself through goal setting.

Get It Worksheet

Dreams

+

Discipline

+

Drive

=

Destiny

DREAMS

What does your dream look like?



Make your dream a goal and
make your goal S.M.A.R.T.

Specific

Measurable

Attainable

Realistic

Time bound

DISCIPLINE

Create timelines and deliverables
to get to the next step

Step _____ 1.

Complete by: _____
Step _____ 2.

Complete by: _____
Step _____ 3.

Complete by: _____
Step _____ 4.

Complete by: _____

DRIVE

What is your Why? What motivates
you to achieve your goals?



DESTINY

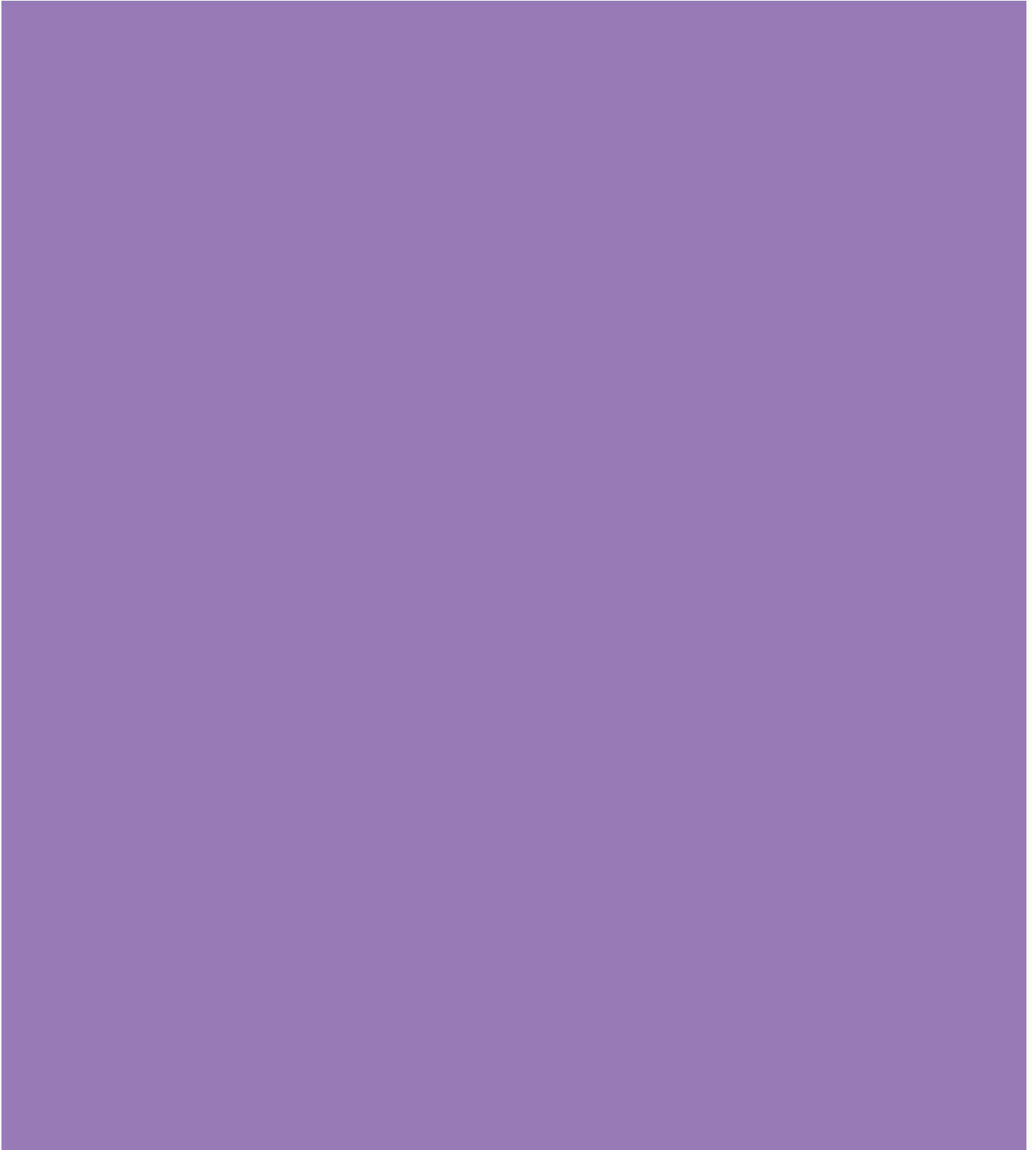
What does success feel like to you?



What are your takeaways?



Notes



Month:

Use the calendar to chart your daily, weekly, and monthly to do's,

Notes

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY



JMC

SELF CARE FOR CAREGIVERS with Megan Wollerton

Worksheet



After experiencing burnout in the high-stress oil and gas industry, Megan shifted her focus to health and wellness. She discovered a passion for coaching physical well-being but recognized the need to build mental resilience, leading her to study positive psychology. Megan founded Life Force Wellness LLC to help organizations create healthier work cultures by prioritizing employee well-being. With a B.S. in Business Administration and a minor in psychology, she specializes in work-life balance and corporate wellness. She holds multiple certifications, including personal training, health coaching, nutrition coaching, corporate wellness, positive psychology, stress management, and sleep and recovery coaching.

SELF CARE FOR CAREGIVERS

Juggling the responsibilities of caregiving—whether for aging parents, children, or others—while managing work and personal growth can be overwhelming. Stress management, healthy eating, quality sleep, and self-care are often neglected, yet they are essential for overall well-being.

This one-hour virtual workshop provides valuable insights into the importance of stress management and self-care, equipping employees with practical strategies to maintain both their physical and mental health.

SELF CARE FOR CAREGIVERS with Megan Wollerton

Worksheet

Perceived Stress Scale

The questions in this scale ask you about your feelings and thoughts during the last month.
In each case, you will be asked to indicate by circling how often you felt or thought a certain way.

Name _____ Date _____

Age _____ Gender (Circle): M F Other _____

	0 = Never	1 = Almost Never	2 = Sometimes	3 = Fairly Often	4 = Very Often
1. In the last month, how often have you been upset because of something that happened unexpectedly?	0	1	2	3	4
2. In the last month, how often have you felt that you were unable to control the important things in your life?	0	1	2	3	4
3. In the last month, how often have you felt nervous and "stressed"?	0	1	2	3	4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?	0	1	2	3	4
5. In the last month, how often have you felt that things were going your way?	0	1	2	3	4
6. In the last month, how often have you found that you could not cope with all the things that you had to do?	0	1	2	3	4
7. In the last month, how often have you been able to control irritations in your life?	0	1	2	3	4
8. In the last month, how often have you felt that you were on top of things?	0	1	2	3	4
9. In the last month, how often have you been angered because of things that were outside of your control?	0	1	2	3	4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	0	1	2	3	4

The PSS Scale is reprinted with permission of the American Sociological Association, from Cohen, S., Kamarck, T., and Mermelstein, R.(1983).
A global measure of perceived stress. *Journal of Health and Social Behavior*, 24, 386-396.

Cohen, S. and Williamson, G. Perceived Stress in a Probability Sample of the United States. Spacapan, S. and Oskamp, S. (Eds.)
The Social Psychology of Health. Newbury Park, CA: Sage, 1988.



SELF CARE FOR CAREGIVERS with Megan Wollerton

Worksheet

Resources:

YouTube Videos –

Beating Burnout with Bruce Hall and Megan Wollerton - <https://www.youtube.com/watch?v=XMUDnsgiy70&t=3s>

Understanding SCARF Model - <https://www.youtube.com/watch?v=PKYP3S92RqU>

Get Better Sleep – Brendon Burchard - <https://www.youtube.com/watch?v=SR0X7ivhYR8>

Book Recommendations:

Atomic Habits – James Clear

Mindset: The New Psychology of Success - Carol Dweck

TURNING OBSTACLES INTO OPPORTUNITIES

with **Dr. Hope Udombon**

Worksheet



Dr. Hope Udombon has spent more than 25 years influencing the educational paths of adult learners. She is a seasoned education professional and a committed businesswoman. She has a Ph.D. in Post Secondary Adult Education from Capella University and a bachelor's degree in communication with a sociology minor from Kennesaw State University. She also holds a master's degree in public administration from the same institution.

At the core of Hope's achievements is her role as the CEO and Founder of DR. HOPE Solutions. Under her visionary leadership, the organization works tirelessly to empower professionals and executives. Their mission is to help people overcome fear, gain confidence, and achieve their goals. Her personalized approach and passion fuel her purpose of helping individuals unlock their potential.

Despite her busy professional schedule, Hope believes in the importance of a balanced life. Outside of her commitment to education and leadership, she can be found reveling in the company of her loving husband of 27 years and their children, creating moments that they will cherish forever.

Hope's love for singing, cooking, and traveling showcases her multifaceted personality. As a curious explorer and an avid traveler, she looks forward to expanding her horizons by speaking at various conferences around the globe, aiming to ignite transformation and growth in people from all walks of life.

Dr. Hope Udombon remains committed to her mission: fostering success, inspiring confidence, and driving transformation, one person at a time.

TURNING OBSTACLES INTO OPPORTUNITIES

with **Dr. Hope Udombon**

Worksheet

1. Understanding Fixed vs. Growth Mindset

- **Definition of Fixed Mindset:** Belief that abilities are static and cannot be developed.
- **Definition of Growth Mindset:** Belief that abilities can be developed through dedication and hard work.

Reflect:

- Which mindset do you typically lean toward in challenging situations?
- Think of a recent challenge. Did you approach it with a fixed mindset or a growth mindset? How can you shift to a growth mindset next time?

2. Interactive Exercise: Reframe the Challenge

- **Exercise:** Choose one current obstacle you're facing in your career or personal life. Write it down below.
- **Reframe:** Turn the obstacle into an opportunity for growth or learning. Write your reframe statement below.

Obstacle:

Reframe:

3. Developing Problem-Solving Skills

- **Step 1:** Identify the problem.
- **Step 2:** Break the problem down into smaller, manageable parts.
- **Step 3:** Brainstorm multiple solutions.
- **Step 4:** Evaluate each solution and select the best one.

Problem:

Solution(s):

TURNING OBSTACLES INTO OPPORTUNITIES

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4. Creative Thinking Techniques

- **Technique 1:** Mind Mapping – Draw connections between ideas.
- **Technique 2:** Brainstorming – No idea is too small or too big.
- **Technique 3:** "What if?" – Ask yourself "What if" questions to think outside the box.

Apply Creative Thinking to Your Obstacle:

- Use mind mapping or brainstorming to generate new solutions for the obstacle you listed above.

5. Turning Challenges into Opportunities

- **Opportunity Questions:**
 - How can this challenge help me grow?
 - What skills can I develop through overcoming this obstacle?
 - Who can I collaborate with to find a solution?

Action Plan:

6. Strategies for Navigating Uncertainties

- **Strategy 1:** Break down large problems into smaller actions.
- **Strategy 2:** Stay flexible and open to new solutions.
- **Strategy 3:** Take small, consistent steps toward progress.

Uncertainty Strategy:

7. Fostering Resilience & Adaptability

- **Resilience:** Bouncing back from setbacks with a positive mindset.
- **Adaptability:** Adjusting to new challenges with a flexible approach.

Resilience Reflection:

What's one instance where you showed resilience? How can you increase your adaptability in future challenges?

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8. Maintaining a Positive & Resilient Attitude

- **Practice Gratitude:** Focus on what you've learned, not just the challenge.
- **Self-Care:** Ensure you're taking care of yourself physically, mentally, and emotionally.
- **Positive Affirmations:** Create a positive affirmation to help you overcome obstacles.

Your Affirmation:

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