



2026

**GOLDEN KEY**

**SELF IMPROVEMENT SUMMIT**

**HANDBOOK**

————— 2nd - 6th March, 2026 —————

# SESSIONS

WEBINARS		
Neuro Agility: The Starting Point for Self-Improvement with <b>Dr Andre Vermeulen</b>	Fitness for Busy Bodies: How to Achieve Maximum Results in Minimum Time with <b>Sean Kenny</b>	The Power of Breaking Out of Your Comfort Zone with <b>Coreetha Entzminger</b>
Dear Future Me with <b>Pearline Sturdivant</b>	The Force of Resilience: The Correlation Between Resilience and Turnover Intentions with <b>Kaylin Switzer</b>	Rebuilding Focus with <b>Shannin Jones</b>
Beyond the Diagnosis: Why Wellbeing Is a Leadership Imperative with <b>Connie Bell</b>	Mindset and Perfectionism: Is my good really good enough? with <b>Yvonne Starkey</b>	Life Crafting 101: How to Build a Life That Really Matters with <b>Anton Camarota</b>
Big Fish, Small Pond: Navigating Life After the Spotlight with <b>Ian Bush</b>	Understanding Changes in Nutrition Science and Recommendations with <b>Elyse Crofts</b>	Habit Stacking: How to Build Sustainable Change Through Small Daily Actions with <b>Jendayi Stafford</b>
From Hot Mess to High Performance: Simple Systems to Boost Productivity Without Burnout with <b>Megan Wollerton</b>	Parenthood and Perfectionism: Letting Go and Being OK with the Mess and Unknown with <b>Vanessa Bush</b>	Handling Rejections and Building Resilience with <b>Valeria Rusnak</b>
	How to future-proof yourself in an AI-driven world with <b>Tom Themeles</b>	



**Remember:** ■

All of the webinars will be recorded, so if you can't 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/gkisis26/> and will only be available to people who purchased access to the summit.

# NEURO AGILITY: THE STARTING POINT FOR SELF-IMPROVEMENT

with **Dr. Andre Vermeulen**

Worksheet

- Complete a Neuro Agility Profile® assessment for a fit, fast, focused and flexible brain
- Optimize human skill sets (Neuro Agility & EI) to futureproof your career
- Build and maintain psychologically positive, safe and relaxed learning environments
- Adopt a growth mindset
- **Take ownership of your learning:**
  - Set clear, realistic, and achievable goals. Seek feedback from lecturers and peers to identify blind spots and areas for improvement.
- **Build a support network:**
  - Engage with classmates by participating in study groups and discussions. Connect with professors, advisors, and mentors to build relationships

**Link to do a free brain agility check:**

<https://survey.zohopublic.com/zs/KOBUUa>

**Link to more resources like videos, podcasts and brain agility exercises:**

<https://neurolink.company/resources/>

# FITNESS FOR BUSY BODIES: HOW TO ACHIEVE MAXIMUM RESULTS IN MINIMUM TIME

Worksheet

with **SEAN KENNY**

## WHY EXERCISE (Especially When You're Busy)

- Improves energy & mental clarity
- Reduces stress
- Improves sleep
- Boosts productivity
- Increases longevity

## My Top 2 Personal Reasons to Exercise:

- 1.
- 2.

## CARDIO: YOUR TARGET HEART RATE

Step 1:  $220 - \text{Age} = \text{_____}$  (Max Heart Rate)

Step 2:  $\text{MHR} \times .65 = \text{_____}$

Step 3:  $\text{MHR} \times .85 = \text{_____}$

## My Target Heart Rate Range:

\_\_\_\_\_ to \_\_\_\_\_ BPM

## Talk Test:

- I can speak in short sentences
- I cannot speak 3 words without gasping (too intense)

## MINIMUM EFFECTIVE DOSE FOR BUSY PEOPLE

Time Available What To Do

10 min Brisk walk, stairs, movement bursts

15–20 min Sustained cardio, light sweat, conversational

## FITNESS SABOTEURS – PERSONAL PLAN

- Stress
- Unrealistic Expectations
- Overtraining
- The Unexpected
- Negative Self-Talk

My biggest saboteur: \_\_\_\_\_

# FITNESS FOR BUSY BODIES: HOW TO ACHIEVE MAXIMUM RESULTS IN MINIMUM TIME

Worksheet

with **SEAN KENNY**

## My strategy to defeat it:

### ACTION PLAN (Start Today)

When will I exercise? \_\_\_\_\_

Where? \_\_\_\_\_

With whom? \_\_\_\_\_

- I will schedule it like an appointment
- I will track it in a journal/app
- I will reward progress

## Remember:

A little exercise is better than none

Consistency beats intensity

Start where you are

Progress, not perfection

## Notes / Reflections:

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# THE POWER OF BREAKING OUT OF YOUR COMFORT ZONE

with **Coreetha Entzminger**

Worksheet

## Resources

1.

I recommend this article by Forbes on 16 reasons to get out of your comfort zone, because it provides the reader with insight on how getting out of the comfort zone can be a benefit for them in the present and future.

<https://www.forbes.com/sites/annlatham/2018/04/11/16-reasons-why-you-should-get-out-of-your-comfort-zone-now/>

2.

I recommend this online quiz by Verywell Mind because it allows you to determine if you are the type of individual to venture out or stay within your comfort zone.

<https://www.verywellmind.com/open-mindedness-quiz-8752666>

3.

I recommend reading this blog article by BetterUp on the 6 simple steps of getting out of the comfort zone. This blog gives excellent ideas on how to start your journey when deciding to leave your comfort zone.

<https://www.betterup.com/blog/comfort-zone>

4.

I recommend this blog article by Psychology Today because it discusses tips on how to build the confidence you need to plan how to step out of your comfort zone.

<https://www.psychologytoday.com/us/blog/lifetime-connections/202405/dont-let-your-comfort-zone-be-a-barrier>

5.

I recommend this PDF document on Scribd discussing breaking out of your comfort zone, because it provides the reader with information on what the comfort zone is and provides tips on how to start small on your journey.

<https://www.scribd.com/document/455686325/Break-out-comfort-zone>



# THE FORCE OF RESILIENCE: THE CORRELATION BETWEEN RESILIENCE AND TURNOVER INTENTION

Worksheet

with **Kaylin Switzer**

## 1 *Resilience: The Science of Mastering Life's Greatest Challenges*

Steven Southwick & Dennis Charney (Book)

A research-backed deep dive into how resilience is built under real adversity. Discusses stress adaptation and long-term functioning in high-pressure environments.

## 2 *The Upside of Stress*

Kelly McGonigal (Book)

Challenges the belief that stress is purely harmful and shows how perception of stress can influence performance, health, and decision-making.

## 3 *Burnout: The Secret to Unlocking the Stress Cycle*

Emily & Amelia Nagoski (Book)

Explains how chronic stress accumulates and why people feel “stuck”, with practical strategies to reduce emotional exhaustion.

## 4 *Grit: The Power of Passion and Perseverance*

Angela Duckworth (Book)

Breaks down persistence and long-term effort, reinforcing the role of tenacity in resilience and sustained engagement.

## 5 *Atomic Habits*

James Clear (Book)

Focuses on small, consistent behavior changes that build stability and resilience over time.

## 6 *Man's Search for Meaning*

Viktor Frankl (Book)

A powerful exploration of purpose under adversity, directly tied to meaning and endurance in difficult environments.

## 7 *Huberman Lab Podcast*

Science-based insights on stress, recovery, and performance, with practical tools grounded in neuroscience.

## What is Resilience?

Resilience is the capacity to adapt, recover, and continue functioning effectively in the face of stress, adversity, or challenge. It is not about avoiding stress, but about responding in a way that supports long-term performance and well-being.

## What are Turnover Intentions?

Turnover intentions refer to an individual's conscious and deliberate willfulness to leave their current job or organization.

### Key Insights

Research consistently shows that:

- Lower resilience is associated with higher stress and burnout
- Higher stress and burnout increase turnover intentions
- As resilience scores increase, turnover intentions decrease

### 6 Domains of Resilience

#### Vision (Purpose & Direction)

Do I have a clear sense of where I'm going and why?

1

#### Composure

(Emotional Regulation)

How well do I manage stress in the moment?

2

#### Reasoning (Decision-Making)

Can I think clearly under pressure?

3

#### Health (Physical Foundation)

Am I supporting my body through sleep, nutrition, and movement?

4

#### Tenacity

(Self-Efficacy & Persistence)

Do I follow through even when things get difficult?

5

#### Collaboration (Connection)

Do I have strong, supportive relationships?

6

### Early Warning Signs of Burnout & Turnover Risk

- Constant Fatigue
- Decreased Motivation
- Increased Irritability
- Feeling Undervalued
- Disengagement From Work
- Difficulty Concentrating
- Cynicism Toward Work or Leadership

#### Regulate Before You React

- Use Breathing Techniques
- Create Pause Before Response

#### Reconnect to Purpose

- Why Did You Start?
- What Still Matters?

### Practical Strategies

#### Stabilize Your Foundation

- Prioritize Sleep Consistency
- Eat Regularly and Hydrate
- Move Your Body Daily

#### Build Awareness

- Notice Stress Triggers
- Identify Patterns in Your Reactions

#### Strengthen Connection

- Talk to Someone You Trust
- Build Support Systems Intentionally

#### Create Micro-Control in Uncertain Environments

- Identify What You Can Control
- Set 1-2 Small Achievable Wins
- Focus on Execution Over Perfection

### Self-Reflection

1. Which domain do you believe you score the lowest in?
2. How is that domain currently showing up in your work or daily life?
3. When stress increases, what is your default response?
4. Have you ever considered leaving a role due to stress? What contributed most to that feeling?

### Action Plan

One domain I will focus on this week:

One specific action I will take:

When I will do it:

How I will hold myself accountable:



# REBUILDING FOCUS

with **Shannin Jones**

Worksheet

## Resources & Tools



"You will never reach your destination if you stop and throw stones at every dog that barks."

Winston Churchill



- Books:  
*Atomic Habits* – James Clear: Practical strategies for building systems that sustain focus and eliminate destructive habits.
- TED Talk:  
Johann Hari – *This Could Be Why You're Depressed or Anxious Touches on attention and disconnection in modern life.*
- Podcast:  
*The Diary Of A CEO* - Episodes on focus, performance, mental resilience, and modern distractions.

*"Energy flows where attention goes."  
Michael Beckwith*

### Notes / Reflections:

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# MINDSET AND PERFECTIONISM: IS MY GOOD REALLY GOOD ENOUGH?

with **YVONNE STARKEY**

Worksheet

## Perfectionism vs Excellentism

### Brene Brown's definition of perfectionism:

"Perfectionism is a self-destructive and addictive belief system that fuels this primary thought: If I look perfect, and do everything perfectly, I can avoid or minimise shame, judgement, criticism or blame"

### Excellentism

- Identify the objective goal and assess the best way to achieve this. Identify the resources, and the balance / juggling required to allocate them and achieve the goal.
- Goal before ego
- What's the best way to achieve this? If you weren't worried about others?
- Who's the best person for feedback? More than one person?
- Starting is the first step. Planning is important, but there's NO finish without starting

### Fit for Purpose

Identify two tasks that you have deadlines for, one short-term, and one intermediate. For preference, select tasks that have an external deadline (ie: you need to submit to someone else who will either be evaluating your work, or using your work for something).

Identify the outcome (objectively) and deadline, then break that down into measurable, daily, reasonable tasks. This is a balancing act between the work, time, feedback and other resources you may need. Pay attention to resistance.

### The Objective

Be as specific as possible. Remove qualitative adjectives (ie: 'great' presentation, assignment 'worth a distinction', 'really good' proposal). Use factual, measurable terms. (ie: 10 minute presentation with slides)

and graphics; Content must cover xxx concepts). AI can help you define this.

The deadline is immovable, and more important than the quality.

- Use the table below to separate what 'fit for purpose' and 'ideal' looks like. Come back to it DAILY.
- The goal is obviously to do both, but make sure you meet the basic deadline and goals FIRST.
- Document your 'ideal' elements, so you know what you'd like to achieve, but you focus on the 'fit for purpose' first. Get a notebook, and keep adding to it. It's your 'improve' notes, but ONLY after the 'fit for purpose' is done.

Deadline: \_\_\_\_\_

<b>Fit for Purpose?</b>	<b>Ideal?</b>
Eg: Slide presentation for 10 minute presentation (approx 8 slides) - Basic images to convey important concepts only - Summarise key points	- Unique, high-quality graphics - Brief, punchy summaries - Eye-catching format and style
Eg: 5000 word essay - Cover xx concepts - 2 references per argument	- Multiple references indicating wide knowledge of concepts - Tangents and 'related' concepts that are relevant but not directly connected

## Feedback

Getting feedback early in the process = higher quality outcomes.

You ensure your work aligns with the other person's expectations, and you have the opportunity and time to change your approach if necessary.

- Can I get feedback during the process?
- Commit to sharing a "messy" draft or one "unit of progress" (one sentence, one data point) with a peer within the first 20% of a project timeline.
- Am I worried about the task itself? Or what they think of me when they see the draft in its current state?

You may worry about what the other person will think of your draft work and thus wait for the task to be close to completion before requesting feedback.

### Your phrasing can help here:

(Notice that none of these statements convey an impression of “I don’t know what I’m doing”. In fact, they convey the impression of someone who is consistently working on the task, and is eager to improve it and ensure it meets deadlines and requirements.)

● “I’ve just started the task, and I wondered if you could take a look at my draft approach. It would be great to get your thoughts this early. If you have suggestions for an alternative approach, or other things I should consider, it’ll be great to have time to incorporate your feedback as I go.”

● “I was wondering if you could take a look at my task and provide some feedback. I still have a way to go, but it would be great to get your feedback so I have time to incorporate any changes and improvements.”

● If the task is something they have to ‘approve’ or work from: “I was wondering if you could give me some feedback on the draft of my task so far. Since you’ll be working with it, I want to make sure it aligns with your expectations and requirements. If there are any adjustments, it’ll be great to have time to make them.”

### Resistance

- Am I avoiding any element of this task? (Feedback; a particular sub-task)
- Am I avoiding anything because I’m concerned about the quality?
- Is there something I can do today to make progress - if I wasn’t worried about the final product quality?
- Am I prioritising the work? Or my ego?
- Am I trying to turn a qualitative element into an objective element (ie: It has to be ‘better’ than this just to be accepted)

### New Solutions for Excellence

If you’ve spent your life making ‘safe’ decisions, you’re not used to asking “What’s the best way to achieve this?” - You’ve been a box. You need a bigger box, or no box!

The idea is to ask: If I was confident, and could get any resource, what would I do here?

Eg: This may look like contacting the global expert instead of just asking your lecturer; Getting feedback from the industry leaders, not just your manager; Asking high-profile people to give you insight; Contacting huge companies for sales instead of the smaller, more ‘likely’ ones

## New Solutions for Excellence

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Ask AI for help here - it's great at creating solutions and options we never thought of

This takes practice - purely because we're not used to having borderless solutions. We're used to creating solutions that 'fit' within our safety zone

## Resources

**YouTube short course:**

<https://www.youtube.com/playlist?list=PLMOpDJh22upsktrOC2ISco-deTP2bqIP>

**War of Art; Turning Pro - Stephen Pressfield**

<https://stephenpressfield.com/books/the-war-of-art/>

**Insecure Overachievers:**

<https://hbr.org/2018/02/if-youre-so-successful-why-are-you-still-working-70-hours-a-week>



# BIG FISH, SMALL POND: NAVIGATING LIFE AFTER THE SPOTLIGHT

with **IAN BUSH**

Worksheet

## Workbook:

1. Learn how to fight, someone will always try to fight you. Either with words or fists.

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2. Learn how to think, there is always someone trying to tell you how.

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3. Learn how to regulate, because at times we are the wave and we are the drip.

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4. Learn how to love. Love is powerful and it always beats hate.

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5. No one is aware of what you did and they probably do not want to hear it. There is a difference between power and influence.

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6. You are the new kid at school. Cliques, etc. Listen, learn, lead. Networking is still the way to go, but change your network mindset.

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7. It is okay to start again and at something new. Start planning your 1,3,5,7,9,10 year goals again in your new environment.

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8. Purge and make an account of who you still want around and the things you want to keep around.

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9. This journey isn't one cycle, it is many cycles that are inside the big circle of life. The only race is against the marathon of yourself.

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10. If you don't wake up doing something that makes you smile and driven, you are not doing what you are supposed to be.

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11. Write more thank you cards and notes.

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# BIG FISH, SMALL POND: NAVIGATING LIFE AFTER THE SPOTLIGHT

with **IAN BUSH**

Worksheet

## References:

### For the list of 5-10 resources:

1. \_\_\_\_\_

What is something you used to read? Write it down and reread it! Look for a new book from the author. Explore!

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.

4. Words from the Wise by Rosemarie Jarski.

A-Z on common words that impact your life and the quotes that wise people have said about that subject. 6,000 entries of quotes!

5. The 101 most influential people who never lived by Allan Lazar, Dan Karlan, Jeremy Salter.

I always felt like fictional characters were so impactful in my life. Books are a way to open your mind to new actions, thoughts, and feelings!

6. The Impossible Takes Longer by David Pratt.

Nobel laureates and the quotes they say across all genres of topics.

7. Why we make mistakes by Joseph T. Hallinan.

Helps you rewire your brain to see the world differently.

8. The 101 habits of highly successful novelists by Andrew McAleer.

It is always interesting to hear what successful people do successfully.





# HABIT STACKING: HOW TO BUILD SUSTAINABLE CHANGE THROUGH SMALL DAILY ACTIONS

with **Jendayi Stafford**

Worksheet

## Participant Summary

Habit stacking is a simple, research-backed strategy that helps you build lasting habits by attaching new behaviors to routines you already do daily. Instead of relying on motivation, habit stacking uses consistency and brain-based cues to make change feel natural and automatic.

## Key Concepts

- 1 Motivation is temporary — systems create lasting change.
- 2 Small habits done consistently are more powerful than big habits done occasionally.
- 3 Your brain learns through repetition and predictable cues.
- 4 You're not creating a new habit — you're expanding an existing one.

## Habit Stacking Formula

After I \_\_\_\_\_, I will \_\_\_\_\_.

### 3 Steps to Build a Habit Stack

1. Choose an Anchor Habit: Identify something you already do daily (wake up, brush teeth, make coffee, get in the car).
2. Add a Tiny Action: Keep it small (less than 2 minutes) so it feels easy and achievable.
3. Repeat Consistently: Focus on daily repetition rather than perfection.

### Success Tips

1 Start small — easier habits stick longer. 2 Attach habits to routines that already happen. 3 Consistency matters more than intensity. 4 If you miss a day, restart the next opportunity — never miss twice.

### Your Action Plan

Choose ONE habit to start today. Keep it simple, realistic, and connected to something you already do. Small steps create big changes over time.

### Creating and Keeping New Habits

#### Practical Tips for Lasting Change

Building new habits does not require massive effort or perfect discipline. Lasting change happens when habits are simple, consistent, and connected to your daily life. Use the tips below to make new habits easier to start and easier to maintain.

#### Tips for Starting New Habits

- 1 Start extremely small — choose actions that take less than two minutes.
- 2 Attach the new habit to something you already do (habit stacking).
- 3 Make the habit easy and convenient by preparing your environment ahead of time.
- 4 Focus on consistency, not intensity — doing a little every day builds momentum.
- 5 Choose habits that align with the person you want to become (identity-based habits).

### Tips for Keeping Habits

1 Track your progress visually (checklists, calendars, habit trackers). 2 Celebrate small wins — progress builds motivation. 3 Expect obstacles and plan solutions ahead of time. 4 If you miss a day, restart immediately — never miss twice. 5 Reduce barriers — make the habit as easy as possible to complete. 6 Pair habits with something enjoyable when possible (reward association).

### Helpful Mindset Shifts

1 Perfection is not required — consistency is what creates change. 2 Motivation comes after action, not before. 3 Small steps repeated over time lead to big transformation. 4 You are building a lifestyle, not completing a short-term challenge.

**Remember:** You do not need to change everything at once. Choose one small habit, begin today, and allow consistency to create momentum.

### 30-Day Habit Success Guide

Build Consistency • Create Momentum • Transform Your Life

This 30-day guide will help you create and maintain a new habit using small, consistent actions. Focus on progress, not perfection. The goal is to build a routine that feels natural and sustainable.

#### How to Use This Guide

1. Choose ONE habit to focus on for 30 days. 2.

Attach it to an existing routine (habit

stacking). 3. Keep it small and achievable. 4.

Track your progress daily. 5. Reflect weekly and

adjust if needed.

Habit Planning My Habit Goal:

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Why is this habit important to me?

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My Habit Stack (After I , I will ):

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what obstacles might arise ?

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my plan to overcome obstacles

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## 30-Day Habit Tracker

Day	Completed	Notes
Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		
Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		
Day 15		
Day 16		
Day 17		
Day 18		
Day 19		
Day 20		
Day 21		
Day 22		
Day 23		
Day 24		
Day 25		
Day 26		
Day 27		
Day 28		
Day 29		
Day 30		



# FROM HOT MESS TO HIGH PERFORMANCE: SIMPLE SYSTEMS TO BOOST PRODUCTIVITY WITHOUT BURNOUT

Worksheet

with **MEGAN WOLLERTON**

## Resources From Hot Mess to High Performance

### YouTube Channels:

Life Force Wellness - <https://www.youtube.com/@lifeforcewellnessllc5637>

Brendon Burchard - <https://www.youtube.com/@BrendonBurchard>

### Podcasts:

Ed Mylett Show

Mel Robbins

### Books:

Burdened to Balanced: Finding Renewal through Scripture and Science by Megan Wollerton-

<https://burdenedtobalancedbook.com/>

High Performance Habits by Brendon Burchard [https://www.amazon.com/High-Performance-Habits-](https://www.amazon.com/High-Performance-Habits-Extraordinary-People/dp/1401952852)

[Extraordinary-People/dp/1401952852](https://www.amazon.com/High-Performance-Habits-Extraordinary-People/dp/1401952852)

Atomic Habits by James Clear - <https://jamesclear.com/atomic-habits>

## Notes / Reflections:

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# Parenting Mantras

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I know it's hard

I understand how you feel

That's not a safe choice / Is that a safe choice?

Mommy/Daddy struggle with this too

If you can't XXX, then Mom/Dad will XXXX

Would you like a hug?

Let's spend 10 minutes together

What's Mom/Dad's #1 job? To keep you safe & healthy

1, 2, 3 - Eyes on me!

Cultivate CALM - Hold the BOUNDARY -

VALIDATE their feelings - Continue to hold BOUNDARY

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**YOU'RE RAISING A GOOD KID AND YOU'VE GOT THIS!**

# 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.

# HANDLING REJECTIONS AND BUILDING RESILIENCE

with **VALERIA RUSNIK**

Worksheet

## Handling Rejection and Building Resilience

### 1. Name the Rejection

*Please describe a recent rejection or setback you experienced*

### 2. What emotions showed up as a result?

### 3. Self Care=not just bubble baths

*How does it look like for ME?*

### 4. What did this rejection make me question about myself?

### 5. What remains true about me, regardless of this outcome?

### 6. How can I practice self-compassion when going through rejection, what can I tell myself to feel better?

### 7. Who can I speak to about this?

### 8. What resources do I have at my disposal?

### 9. Who helps replenish my sense of belonging?

### 10. One action I can take today is:

## Journaling prompt

1. Think of a time-at work or in life-when something didn't go as planned. How did that make you feel at the time?

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2. Looking back now, what (if anything) did you learn or gain from that experience?

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# Resources



**2Min Feedback Form**

<https://forms.gle/P4M5guCztAEq&409A>



**To Donate and Support My Work**

<https://buymeacoffee.com/valeriarusnak>



**Rejections Room-Facebook Group**

<https://www.facebook.com/groups/466124329823199/>



**Book Meeting with Valeria**

<https://calendly.com/valerusu55>



@THE\_REJECTEDPREMED\_PODCAST



**Access Podcast Here**

<https://rss.com/podcasts/rejected-premed/>

# LIFE CRAFTING 101: HOW TO BUILD A LIFE THAT REALLY MATTERS

with **Anton Camorota**

Worksheet

## Workbook for Life Crafting 101

Here is a career self-assessment. Take some quiet time to reflect and answer these questions. There is no right answer, just what works for you.

What do I love to do?

- What truly excites me? What gets me going?

What are my skills and talents?

- What am I genuinely good at?
- What do I feel deep inside is my true talent?

What does the world need that I can offer?

- What does my family, community, organization, and the wider world need from me?

How can I be paid?

- How can I be paid while using my talent to do what I love and meet the world's needs?

Once you think you have the answers, take a few minutes to assess whether you are fulfilling each of these simultaneously. If your current job does not seem satisfying or does not bring you joy, go through the steps outlined in the presentation and then answer the following questions:

- How might I move forward to find fulfillment in all these areas?
- What career path might be more suitable for me?

Your answers:



# HOW TO FUTURE-PROOF YOURSELF IN AN AI-DRIVEN WORLD

with **TOM THELEMES**

Worksheet

## Future-Proofing Yourself in an AI-Driven World A Personal Strategy Handout

### Core Definitions

- **Future-Proofing:** The proactive process of building professional resilience and evolving alongside technology to remain relevant and indispensable in a changing market.
- **Reskilling and Upskilling:** Reskilling involves learning entirely new sets of skills for a new role, while upskilling refers to refining your current toolkit to stay ahead of industry trends.
- **Uniquely Human Capacities (UHCs):** Abilities that machines cannot authentically replicate because they are rooted in the human experience, such as intuition, empathy, ethics, and storytelling.

### Essential Points to Remember

- **AI vs. Humans is a myth.** The future of work is a partnership where AI handles speed and scale while humans provide creativity and leadership.
- **You are unlikely to be replaced by AI itself, but you may be replaced by a person who knows how to use AI effectively.**
- **Routine and repetitive tasks are the most susceptible to automation, while roles requiring complex judgment and social awareness remain firmly in the human domain.**
- **The half-life of skills is shrinking, meaning constant "re-tooling" is the new professional norm.**
- **AI is a predictive tool, not a thinking one; it identifies patterns in data but lacks genuine understanding or common sense.**

### Individual Action Plan: Making Yourself Relevant

1. **Build a Digital Literacy around Data, AI, and Cybersecurity:** You do not need to be a coder, but you must understand the fundamentals of data as a foundation for AI usage, how to use AI effectively, and how to protect yourself in the digital realm with cybersecurity and information security principles.
2. **Prioritise Soft Skills:** Focus on developing soft or transferable skills that centres on the human experience such as communication, leadership, and emotional intelligence (EQ).
3. **Embrace Lifelong Learning:** Adopt a growth mindset and dedicate time each week to upskilling through online courses, workshops, or industry news.
4. **Strengthen Your Personal Brand:** In a fluid job market, visibility is currency. Use networking and online platforms like LinkedIn to signal that you are an engaged, digital-native, and adaptable professional.

# HOW TO FUTURE-PROOF YOURSELF IN AN AI-DRIVEN WORLD

with **TOM THELEMES**

Worksheet

## Essential Skills to Learn

Creative Thinking Analysis Resilience, Flexibility, and Agility Curiosity and Lifelong Learning Leadership  
Emotional Intelligence Talent Management Environmental Stewardship Systems Thinking Communication

## Key Takeaways for Long-Term Success

- View AI as an assistant, not a competitor: Let it handle manual, burdensome, and administrative tasks so you can focus on high value, "big picture" strategy.
- Adaptability and flexibility are your greatest assets: Being comfortable with new ways of working allows you to move with the industry rather than falling behind.
- Human connection remains essential: AI can help develop a strategy, but it is up to you as a person to build genuine professional relationships and connections.

## List of Multimedia Sources

### Books or E-Books

- **The Adaptation Advantage: Let Go, Learn Fast, and Thrive in the Future of Work** by Heather E. McGowan and Chris Shipley  
o This provides you with a changing mindset of how to approach your professional journey
- **Co-Intelligence: Living and Working with AI** by Ethan Mollick  
o I strongly recommend this book because it provides a framework for AI literacy and how to utilize it for professionals. The literacy framework revolves around evidence-based, human-centric, co-development, and applications.
- **Reinventing the Job Wheel: Future-Proof Your Career in the AI Revolution** by Fraser Hay  
o This is a good step-by-step roadmap designed to empower professionals to take control, future-proof your career, and live the life you want

### Podcast

- **AI and the Future of Work** by Dan Turchin: Host Dan Turchin, PeopleReign CEO, interviews thought leaders and technologists from industry and academia who share firsthand experiences about AI's impact on jobs. The podcast consistently explores what it means to be human in an era of AI-driven automation.

### YouTube Channel

- **DeepLearning.AI** — Andrew Ng: A pioneer in the AI industry, Andrew Ng founded DeepLearning.AI, co-founded Google Brain and Coursera, led AI at Baidu, and has reached millions of learners with his machine learning courses.



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