

How to THRIVE in Challenging Times

The five-step system
to success!



Teleclass

March 3 and March 10, 2009

5:00 – 6:00 pm Pacific Time

Dial: 1-218-399-4600 (code 462946#)

Facilitators

Gloria Miele, PhD

805-482-1625

www.optimaldevelopmentcoaching.com

Paul Plamondon, MS, CCCC

818-551-0885

www.freemondon.com

How to THRIVE in Challenging Times

The Career Wheel

Complete this page before the Teleclass.

Other? _____
(e.g., Networking)

Make more
money

Start/expand
my business

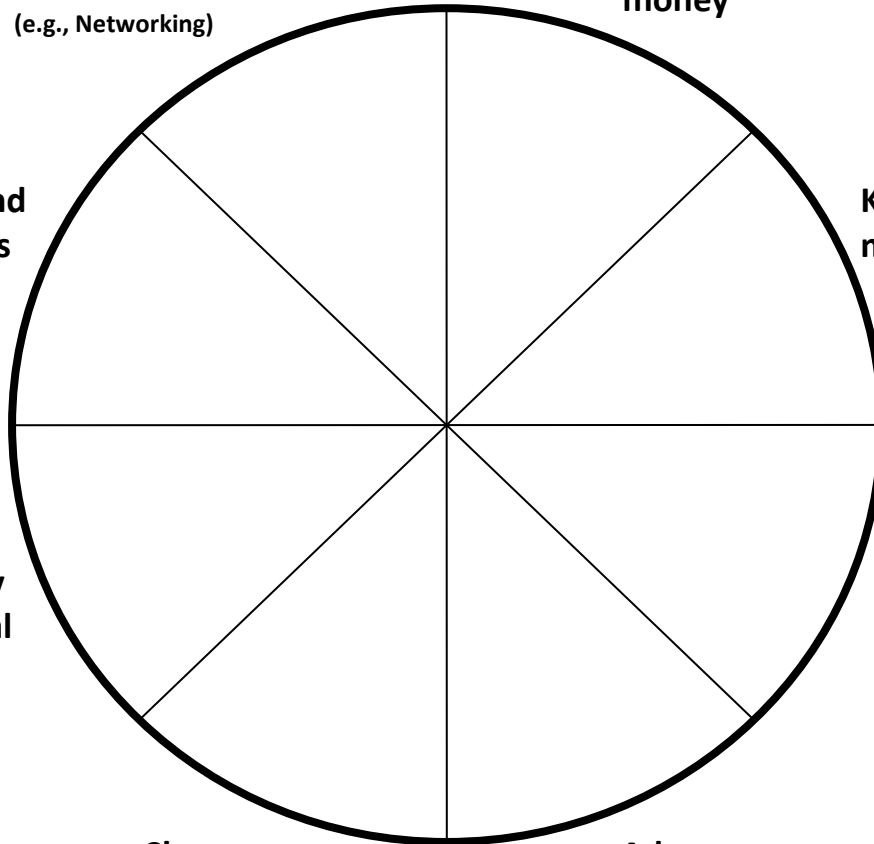
Keep
my job

Develop my
professional
skills

Find a
(new) job

Change
my career

Advance
my career



Instructions

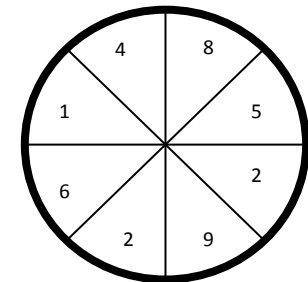
For each of the eight sections of the Career Wheel, think about how **IMPORTANT** that section is to your career development.

Rate the level of importance using a scale from 1-10:

- 1 = Unimportant
- 10 = Extremely Important

Inside each section of the wheel, write your rating.

For example:



After you rate the level of importance, pick **TWO** sections of the **WHEEL** that you would like to focus on improving.

How to THRIVE in Challenging Times

Agenda

Telecass #1

- Facilitator introductions
- Purpose and outcomes
- The power of positivity
- Introduction to the **THRIVE** system
- How to **THRIVE** (Part 1)
 - TH
 - R
- Home Activity

Telecass #2

- Review
- How to **THRIVE** (Part 2)
 - I
 - V
 - E
- More opportunities to THRIVE

Your Facilitators



Gloria Miele, PhD

Gloria is a personal and executive coach, consultant and trainer who has been helping others better themselves for over 20 years. She has a Ph.D. in Clinical Psychology and is on the faculty of Columbia University College of Physicians and Surgeons. Gloria is an engaging and dynamic presenter who has spoken at national and international meetings and professional conferences. She has trained hundreds of individuals all over the country.

As a personal and executive coach, she helps individuals and organizations determine the goals, strengths, values and personality traits that influence their work and personal lives. Gloria strives to optimize every client's potential for meaning and success in their personal and professional lives.



Paul Plamondon, MS, CPCC

Paul is a Certified Professional Co-active Coach (CPCC) specializing in helping people be more visible to themselves and to others. Paul also has his Bachelors Degree in psychology and Masters Degree in Education. Since the early 1990s, he has been involved in many facets of corporate training and development.

In 2001, Paul started his consulting practice, specializing in Instructional Design. In 2002, he discovered the power of personal coaching and enrolled in the prestigious Coaches Training Institute for his coaching education. Since 2001, Paul has served as a Training & Development consultant to Fortune 500 companies, and loves coaching his individual clients.

How to THRIVE in Challenging Times

The Power of Positivity

Hand	Peak

Notes

How to THRIVE in Challenging Times

The THRIVE System

Th

R

I

V

E

How to THRIVE in Challenging Times



TH

A Peak Experience

How to THRIVE in Challenging Times

Strengths List



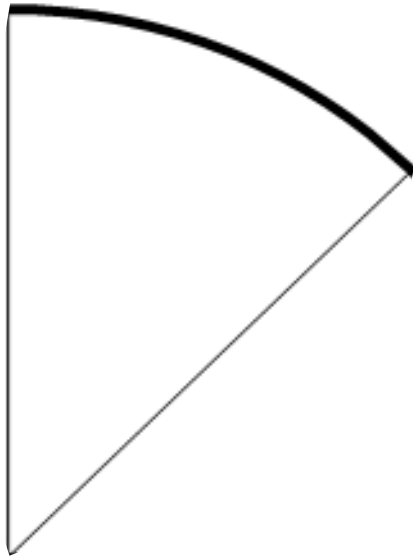
<input type="checkbox"/> Academic	<input type="checkbox"/> Accurate	<input type="checkbox"/> Active	<input type="checkbox"/> Adaptable	<input type="checkbox"/> Adventurous
<input type="checkbox"/> Affectionate	<input type="checkbox"/> Aggressive	<input type="checkbox"/> Alert	<input type="checkbox"/> Ambitious	<input type="checkbox"/> Analytical
<input type="checkbox"/> Artistic	<input type="checkbox"/> Assertive	<input type="checkbox"/> Attractive	<input type="checkbox"/> Bold	<input type="checkbox"/> Broadminded
<input type="checkbox"/> Businesslike	<input type="checkbox"/> Calm	<input type="checkbox"/> Capable	<input type="checkbox"/> Careful	<input type="checkbox"/> Cautious
<input type="checkbox"/> Charming	<input type="checkbox"/> Cheerful	<input type="checkbox"/> Clear-thinking	<input type="checkbox"/> Clever	<input type="checkbox"/> Competent
<input type="checkbox"/> Competitive	<input type="checkbox"/> Confident	<input type="checkbox"/> Conscientious	<input type="checkbox"/> Conservative	<input type="checkbox"/> Considerate
<input type="checkbox"/> Consistent	<input type="checkbox"/> Cool	<input type="checkbox"/> Cooperative	<input type="checkbox"/> Courageous	<input type="checkbox"/> Curious
<input type="checkbox"/> Daring	<input type="checkbox"/> Deliberate	<input type="checkbox"/> Determined	<input type="checkbox"/> Dignified	<input type="checkbox"/> Discreet
<input type="checkbox"/> Dominant	<input type="checkbox"/> Eager	<input type="checkbox"/> Easygoing	<input type="checkbox"/> Efficient	<input type="checkbox"/> Emotional
<input type="checkbox"/> Energetic	<input type="checkbox"/> Fair-Minded	<input type="checkbox"/> Far-Sighted	<input type="checkbox"/> Firm	<input type="checkbox"/> Flexible
<input type="checkbox"/> Forceful	<input type="checkbox"/> Forgiving	<input type="checkbox"/> Formal	<input type="checkbox"/> Frank	<input type="checkbox"/> Friendly
<input type="checkbox"/> Generous	<input type="checkbox"/> Gentle	<input type="checkbox"/> Good-Natured	<input type="checkbox"/> Healthy	<input type="checkbox"/> Helpful
<input type="checkbox"/> Honest	<input type="checkbox"/> Humorous	<input type="checkbox"/> Imaginative	<input type="checkbox"/> Independent	<input type="checkbox"/> Individualistic
<input type="checkbox"/> Industrious	<input type="checkbox"/> Informal	<input type="checkbox"/> Intellectual	<input type="checkbox"/> Intelligent	<input type="checkbox"/> Introspective
<input type="checkbox"/> Inventive	<input type="checkbox"/> Kind	<input type="checkbox"/> Leisurely	<input type="checkbox"/> Light-hearted	<input type="checkbox"/> Likable
<input type="checkbox"/> Logical	<input type="checkbox"/> Loving	<input type="checkbox"/> Loyal	<input type="checkbox"/> Mature	<input type="checkbox"/> Methodical
<input type="checkbox"/> Meticulous	<input type="checkbox"/> Mild	<input type="checkbox"/> Moderate	<input type="checkbox"/> Modest	<input type="checkbox"/> Motivated
<input type="checkbox"/> Natural	<input type="checkbox"/> Obliging	<input type="checkbox"/> Open-Minded	<input type="checkbox"/> Opportunistic	<input type="checkbox"/> Optimistic
<input type="checkbox"/> Organized	<input type="checkbox"/> Original	<input type="checkbox"/> Original	<input type="checkbox"/> Outgoing	<input type="checkbox"/> Painstaking
<input type="checkbox"/> Patient	<input type="checkbox"/> Persevering	<input type="checkbox"/> Pleasant	<input type="checkbox"/> Poised	<input type="checkbox"/> Polite
<input type="checkbox"/> Practical	<input type="checkbox"/> Precise	<input type="checkbox"/> Progressive	<input type="checkbox"/> Prudent	<input type="checkbox"/> Purposeful
<input type="checkbox"/> Quick	<input type="checkbox"/> Quiet	<input type="checkbox"/> Rational	<input type="checkbox"/> Realistic	<input type="checkbox"/> Reflective
<input type="checkbox"/> Reflective	<input type="checkbox"/> Relaxed	<input type="checkbox"/> Reliable	<input type="checkbox"/> Reserved	<input type="checkbox"/> Resourceful
<input type="checkbox"/> Responsible	<input type="checkbox"/> Retiring	<input type="checkbox"/> Robust	<input type="checkbox"/> Self-Confident	<input type="checkbox"/> Self-Controlled
<input type="checkbox"/> Sensible	<input type="checkbox"/> Sensitive	<input type="checkbox"/> Serious	<input type="checkbox"/> Sharp-Witted	<input type="checkbox"/> Sincere
<input type="checkbox"/> Sociable	<input type="checkbox"/> Spontaneous	<input type="checkbox"/> Spunky	<input type="checkbox"/> Stable	<input type="checkbox"/> Steady
<input type="checkbox"/> Strong	<input type="checkbox"/> Strong-minded	<input type="checkbox"/> Strong-minded	<input type="checkbox"/> Supportive	<input type="checkbox"/> Tactful
<input type="checkbox"/> Tenacious	<input type="checkbox"/> Thorough	<input type="checkbox"/> Thoughtful	<input type="checkbox"/> Tolerant	<input type="checkbox"/> Tough
<input type="checkbox"/> Trusting	<input type="checkbox"/> Trustworthy	<input type="checkbox"/> Unaffected	<input type="checkbox"/> Unaffected	<input type="checkbox"/> Unassuming
<input type="checkbox"/> Understanding	<input type="checkbox"/> Unexcitable	<input type="checkbox"/> Uninhibited	<input type="checkbox"/> Verbal	<input type="checkbox"/> Versatile
<input type="checkbox"/> Warm	<input type="checkbox"/> Wholesome	<input type="checkbox"/> Wise	<input type="checkbox"/> Witty	<input type="checkbox"/> Zany

Notes

How to THRIVE in Challenging Times

R

Area of Focus



My Dream

In pictures or words...

How to THRIVE in Challenging Times

R

SMART

S _____

M _____

A _____

R _____

T _____

My SMART Dream

Use SMART to transform your Dream into a SMART Dream. Describe your dream in detail below.

My Strengths

How will you use your strengths to achieve your SMART Dream?

StrengthsFinder 2.0

Purchase the book, [StrengthsFinder 2.0](#), by Tom Rath. Find the code and instructions in the book to take the online StrengthsFinder questionnaire. It will reveal your top five strengths and provide a personalized action guide.

How to THRIVE in Challenging Times

0

Impediments

Limiting Beliefs

- I won't be successful
- It will never work out
- I can't!
- I'm not worthy of getting what I really want
- I don't know how
- I might be embarrassed
- I might BE successful, but I won't know how to handle it
- I need to do it alone
- I have more important things to do



Missing Resources

- Money
- People
- Time
- Space
- Supplies
- Equipment / technology
- Knowledge
- Skills
- Other

How to THRIVE in Challenging Times

Transform Your Limiting Beliefs into Empowering Beliefs



Belief

Behaviors

Results

1

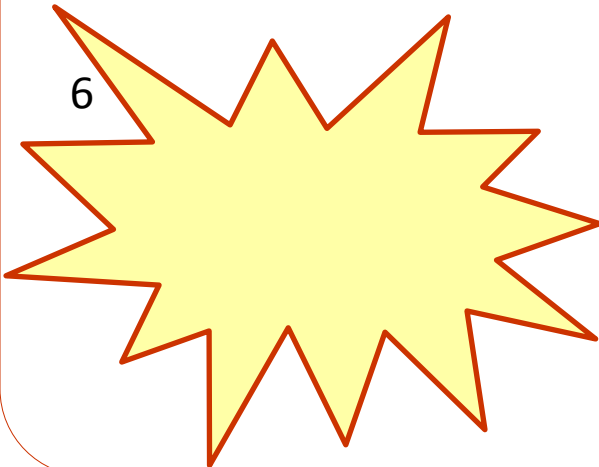
2

3

6

5

4



How to THRIVE in Challenging Times



How Will I Achieve My Dream?

How to THRIVE in Challenging Times



My SMART Action Plan

My SMART Dream:

SMART Actions	Dates Begin / End		Resources*	People**
1				
2				
3				

*Resources: Knowledge, skills, money, time, location, supplies, equipment, technology, etc.

**People: Coaches, colleagues, family, friends, mentors, staff, etc.

How to THRIVE in Challenging Times



Strategies, Structures, and Accountability

How will you make sure you stick to your plan and achieve your dream?

How to THRIVE in Challenging Times



More Opportunities to THRIVE

- **Individual Coaching**
- **Group Coaching**
- **Email Coaching**