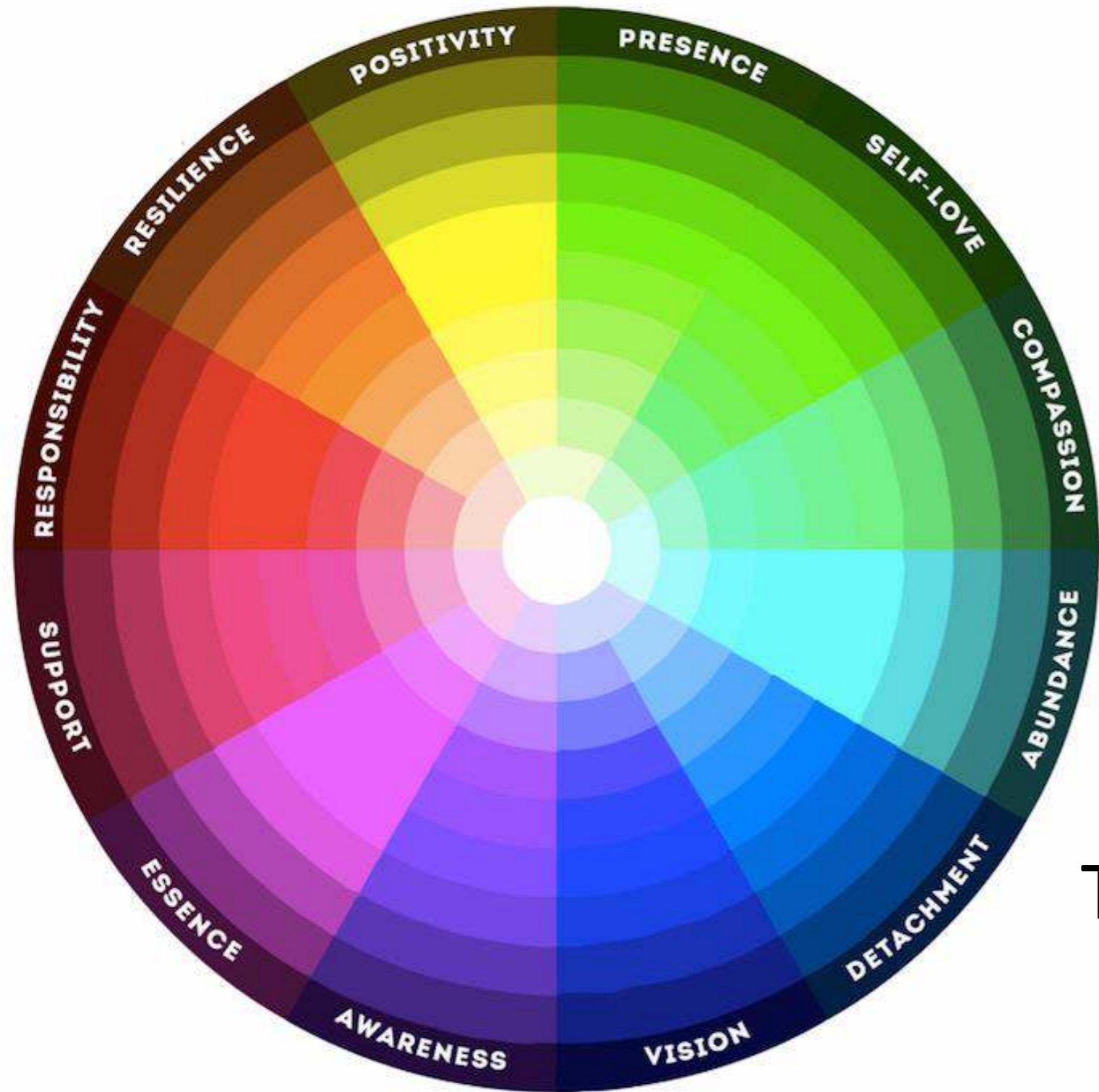


Supporting One Another
for Success in Counseling



The Keys to Success



TEXT KEYS TO
33777



1. Self Awareness

“He who knows others is wise.
He who knows himself
is enlightened.”

- Lao Tzu



2. Presence

“Be as least as interested in what goes on inside you as what happens outside. If you get the inside right, the outside will fall into place.”

- *Eckhart Tolle, The Power of Now*



3. Responsibility

“Everything you do is based on the choices you make. It's not your parents, your past relationships, your job, the economy, the weather, an argument or your age that is to blame.

You and only you are responsible for every decision and choice you make.”

- *Wayne Dyer, The Power of Intention*

4. Compassion

“I’ve learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.”

- Maya Angelou



5. Self-Love

You can search throughout the entire universe for somebody who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere. You yourself, as much as anybody in the entire universe, deserve your love and affection.

- Buddha



“Having a healthy
relationship with yourself is
essential for *happiness*.
Choose to be your own
good parent, best friend,
and greatest advocate.”

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JOYCE MARTER

PSYCHOTHERAPIST & SPEAKER

www.joyce-marter.com



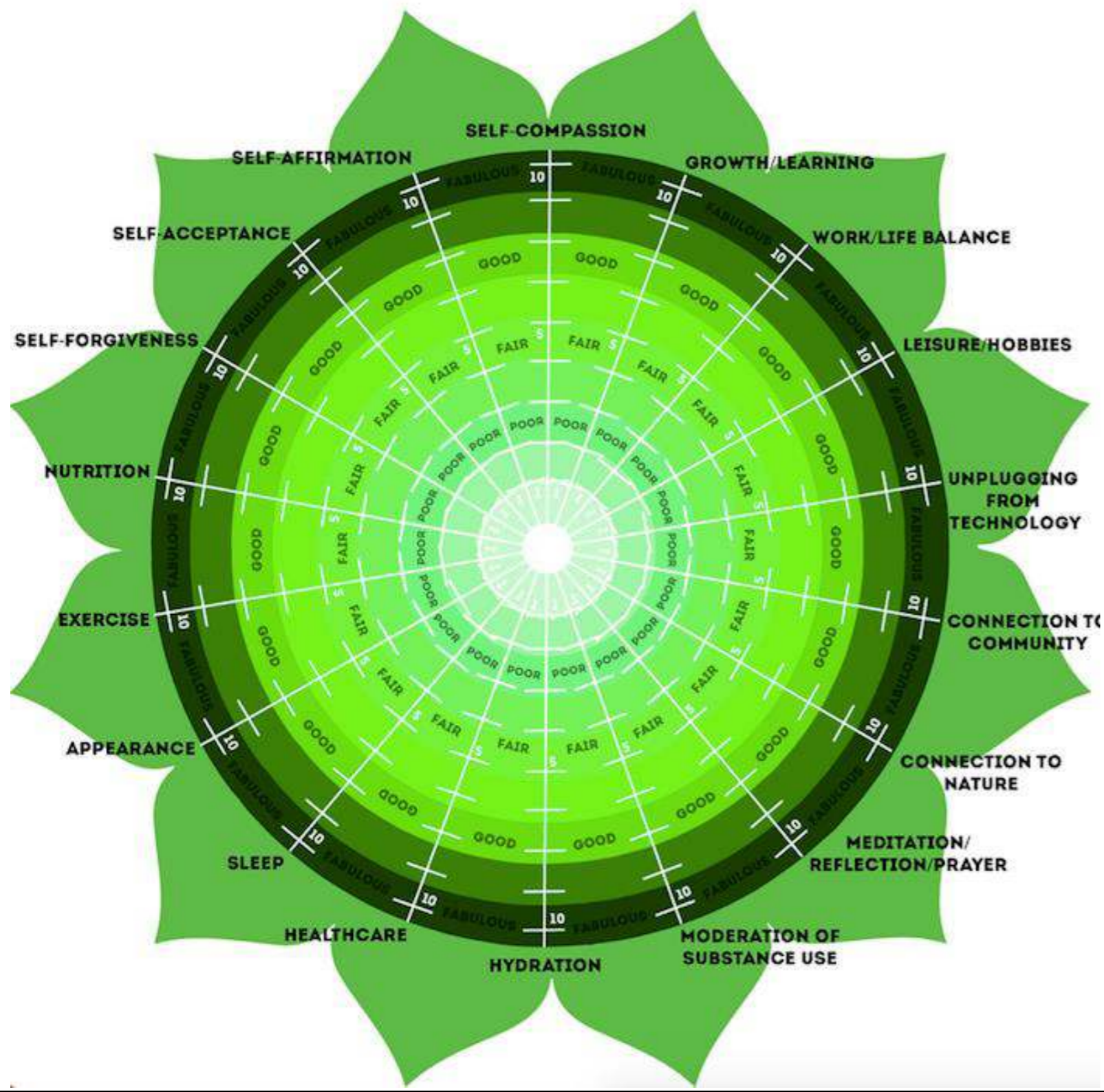
Self-Esteem

“Healthy self-esteem is midway between
DIVA & DOORMAT.”





1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 FABULOUS



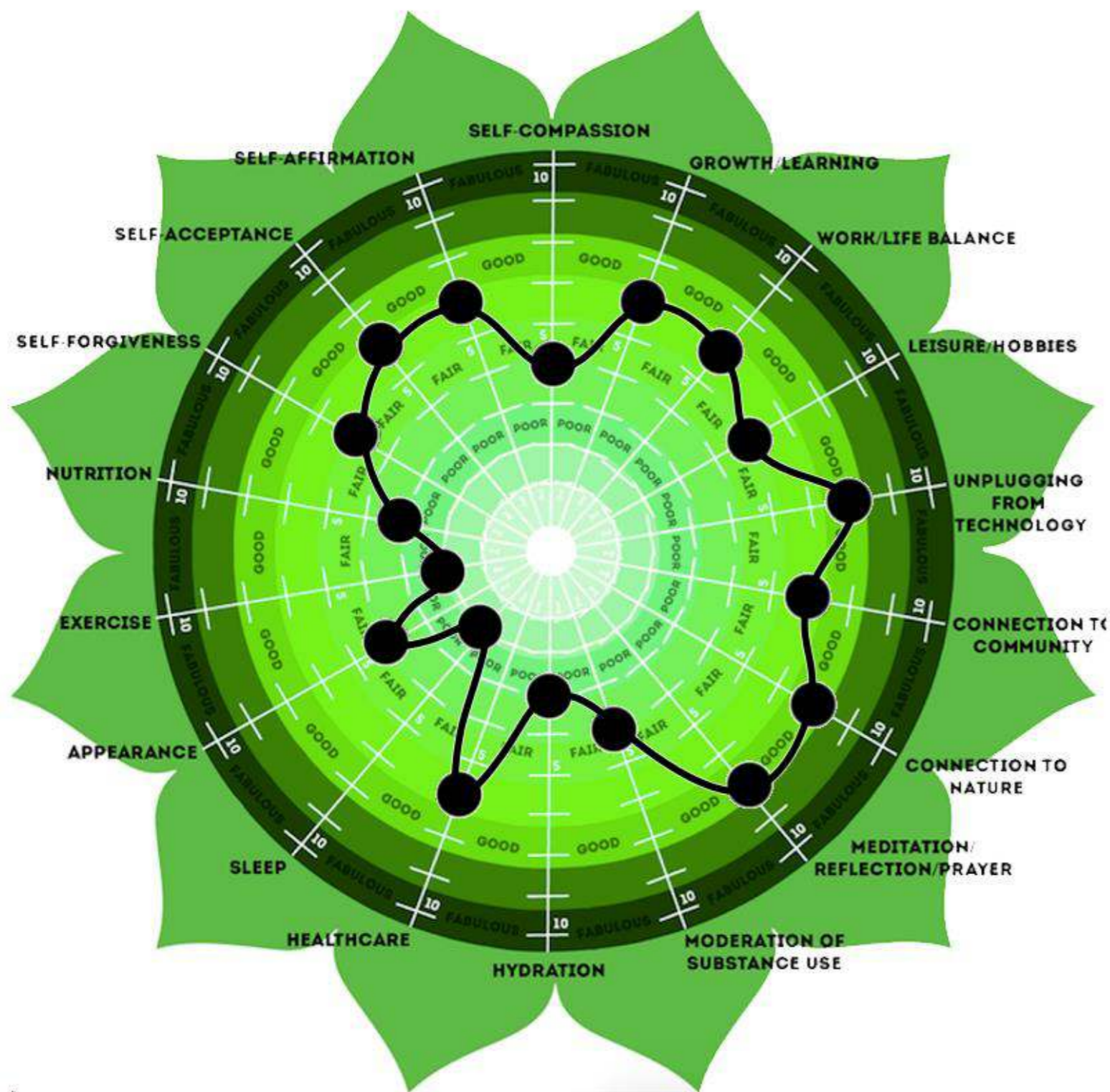
Self Love Wheel

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1 3 POOR, 4 6 FAIR, 7 8 GOOD, 9 10 FABULOUS



Self Love Wheel

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6. Support

“Alone we can do so little,
together we can do so much.”

- *Helen Keller*





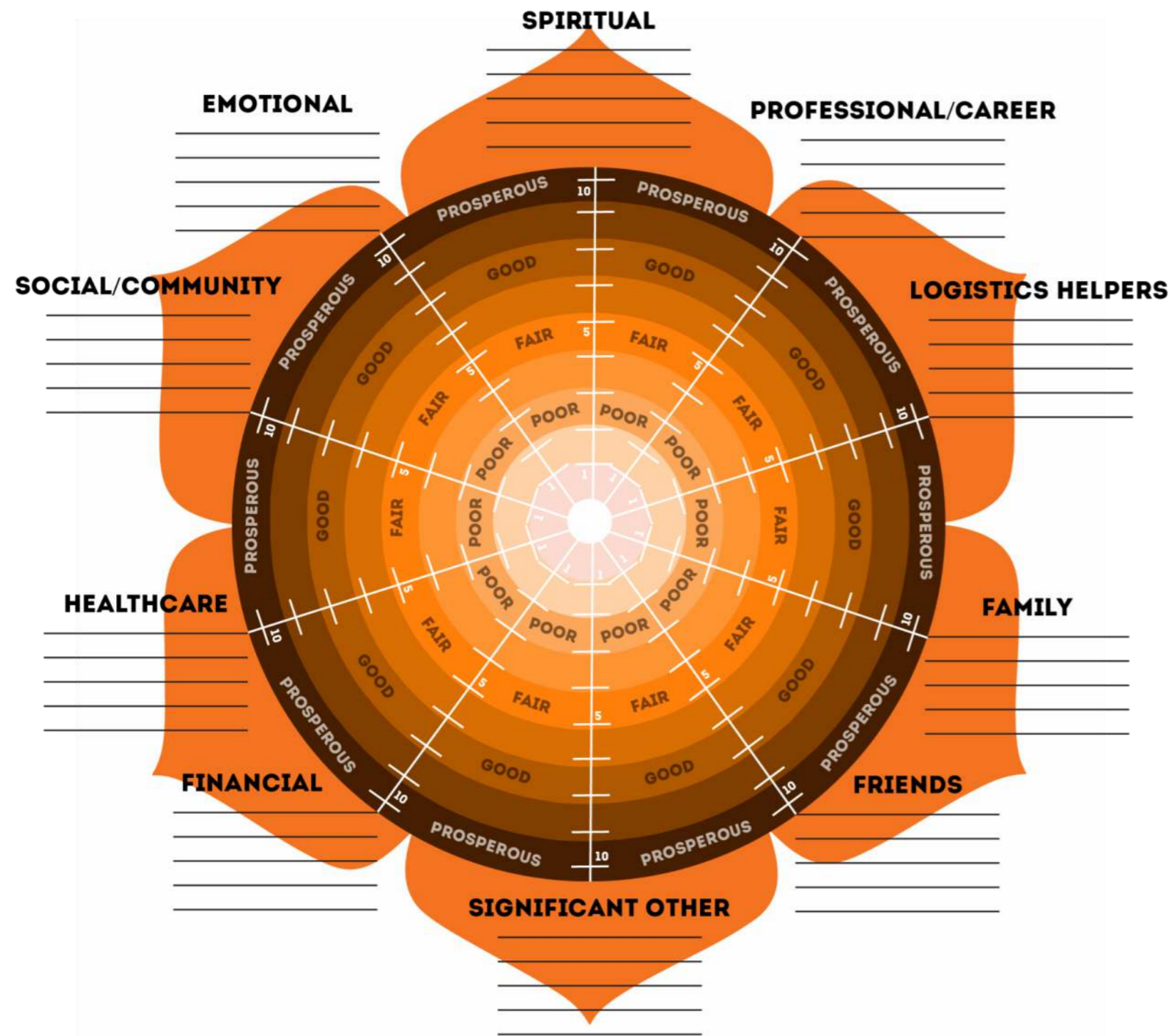
COUNSELLING
EXPO
2019



#DevelopAdvancePromote #Counseling2019



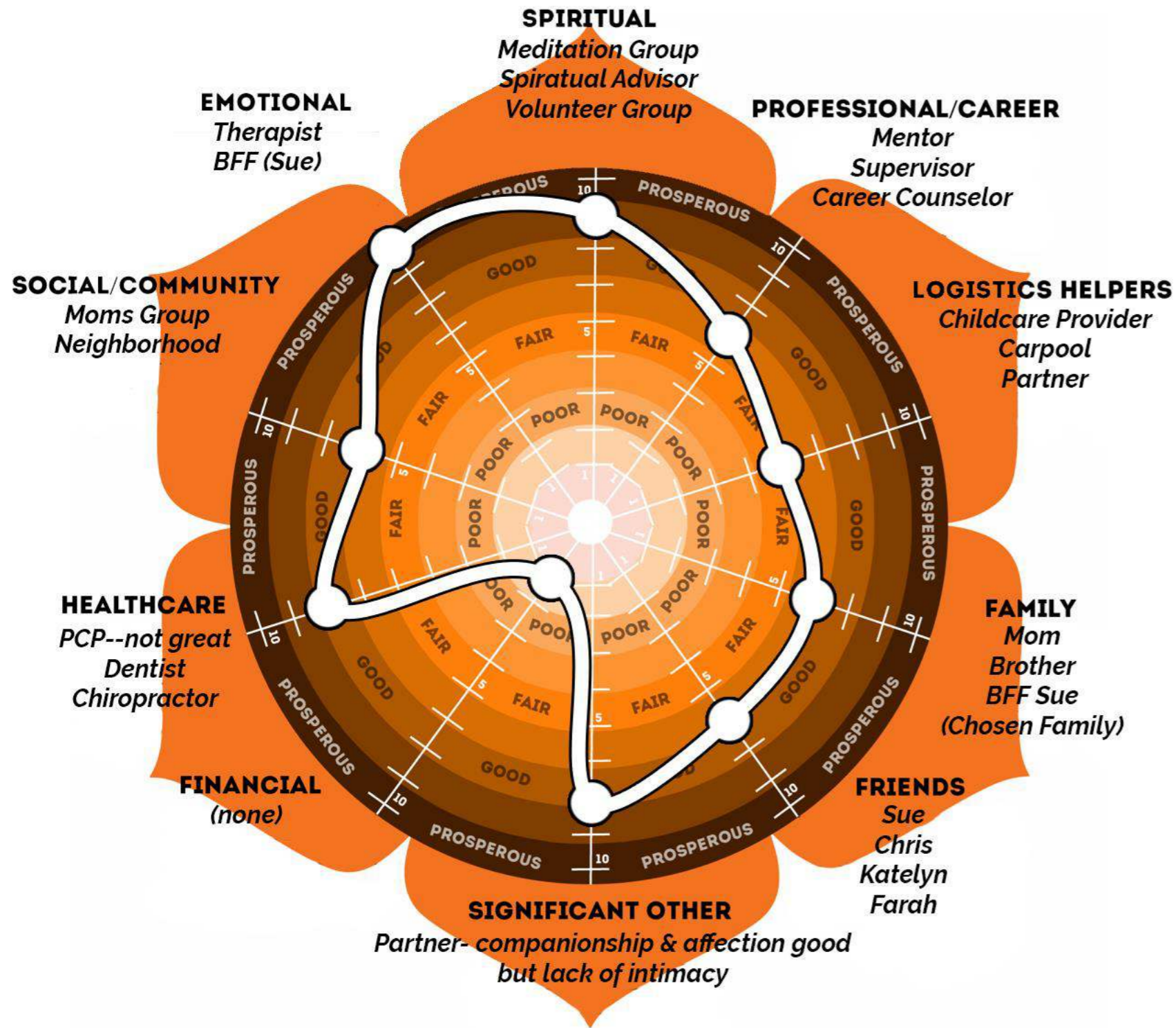
1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Support Wheel

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1-3 POOR, 4-6 FAIR, 7-8 GOOD, 9-10 PROSPEROUS



Support Wheel

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yce-marter.com



7. Essence

“Whenever you feel superior
or inferior to anyone,
that is the ego in you.”

-Eckhart Tolle



"Our issues are HOW we
are, not WHO we are.

Who we are is
our unique light
within"

A stylized, cursive signature logo for Joyce Marter, consisting of the letters 'J' and 'M' intertwined.

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8. Detachment

“Feelings are waves of energy which we can choose to surf, rather than allowing them to overcome us.”

- *Arlene Englander*



9. Positivity

“A man is but the product of his thoughts...what he thinks, he becomes.”

- *Mohandas Gandhi*



W T F

10. Vision

“First say to yourself what you would be; and then do what you have to do.”

- *Epictetus*



When you refuse to believe something is impossible, it becomes *possible*.

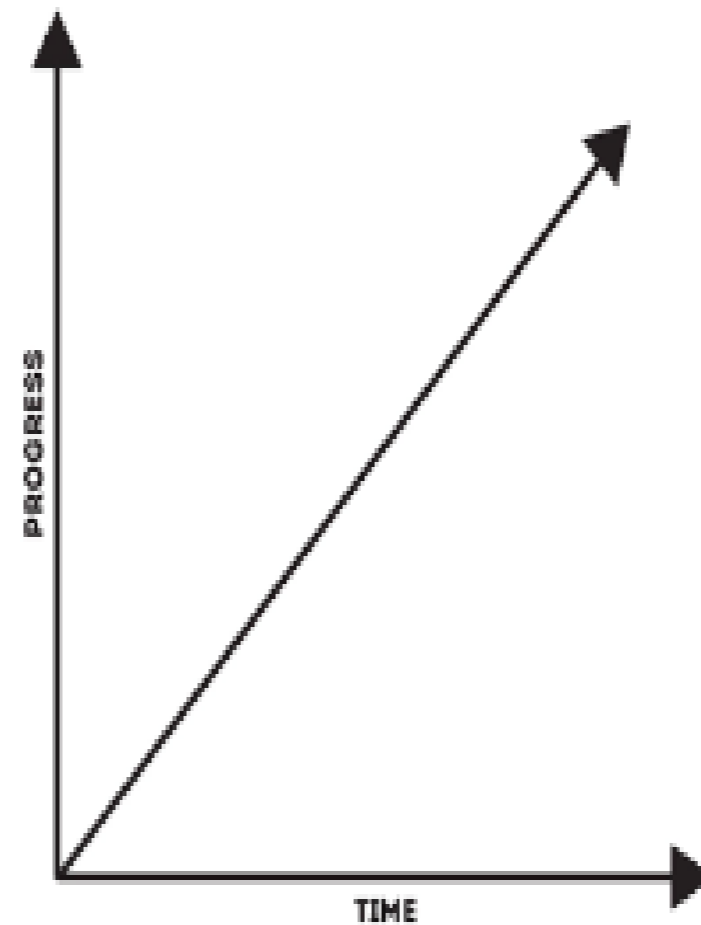
JM
JOYCE MARTER



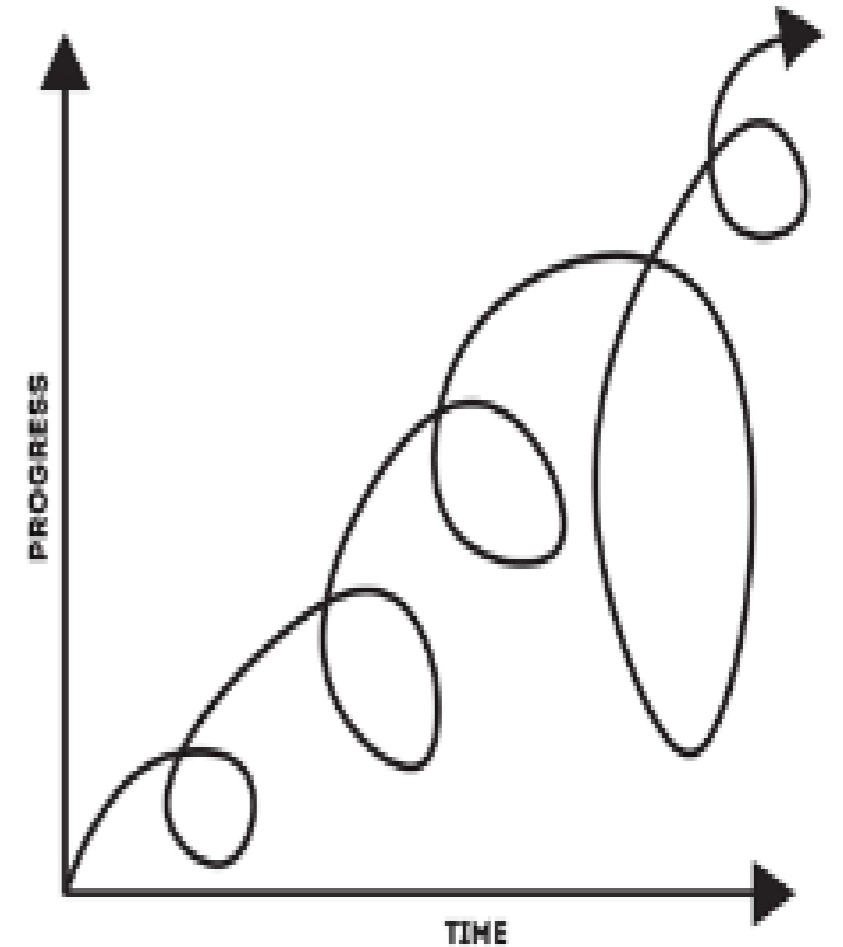
11. Resilience

“Life will give you whatever experience is most helpful for the evolution of your consciousness.”

- *Eckhart Tolle*



WHAT WE EXPECT



REALITY











Old Choice

Fight, Flight or Freeze

(unconscious & rigid response to fear)



New Choice

**Compassionate Connection, Intuition
& Creative Problem Solving**
(flexible, fluid & adaptable)



12. Abundance

“Success is a state of mind. In order to be a success, you must first think of yourself as a success.”

- *Dr. Joyce Brothers*













“Success is to live openly, authentically & lovingly in alignment with the highest good of self & others – to the greatest extent possible.”

Thank You!



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For Additional
Information &
Resources:

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