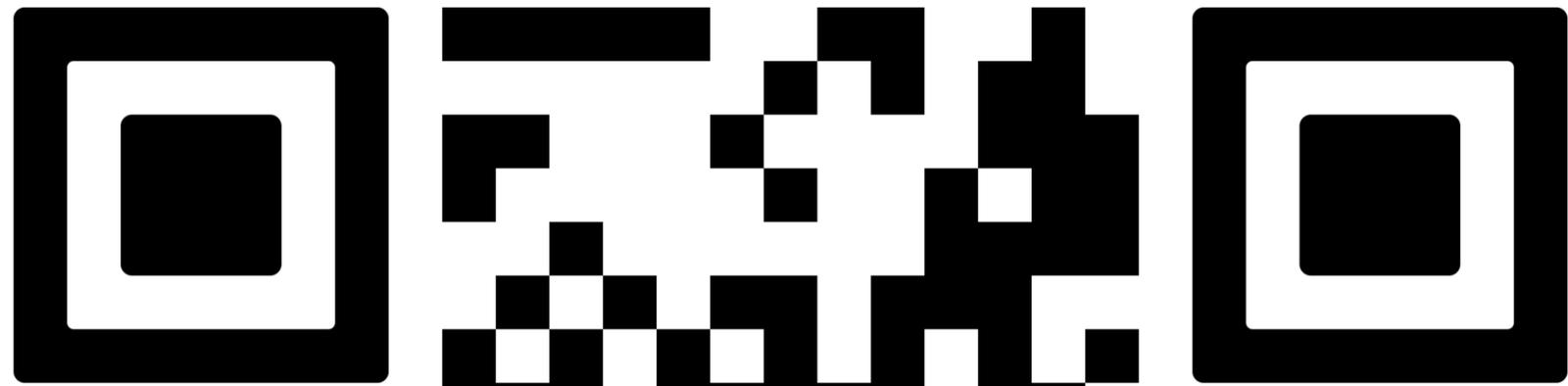


The image features two silhouetted figures standing on a dark, rocky outcrop. They are positioned on the left and right sides of the frame, with their arms raised in a celebratory gesture. The background is a vibrant sunset or sunrise over a range of mountains, with the sun low on the horizon, casting a warm, golden glow across the sky and clouds. The overall mood is one of triumph and achievement.

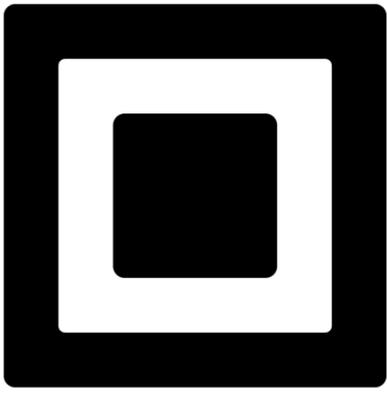
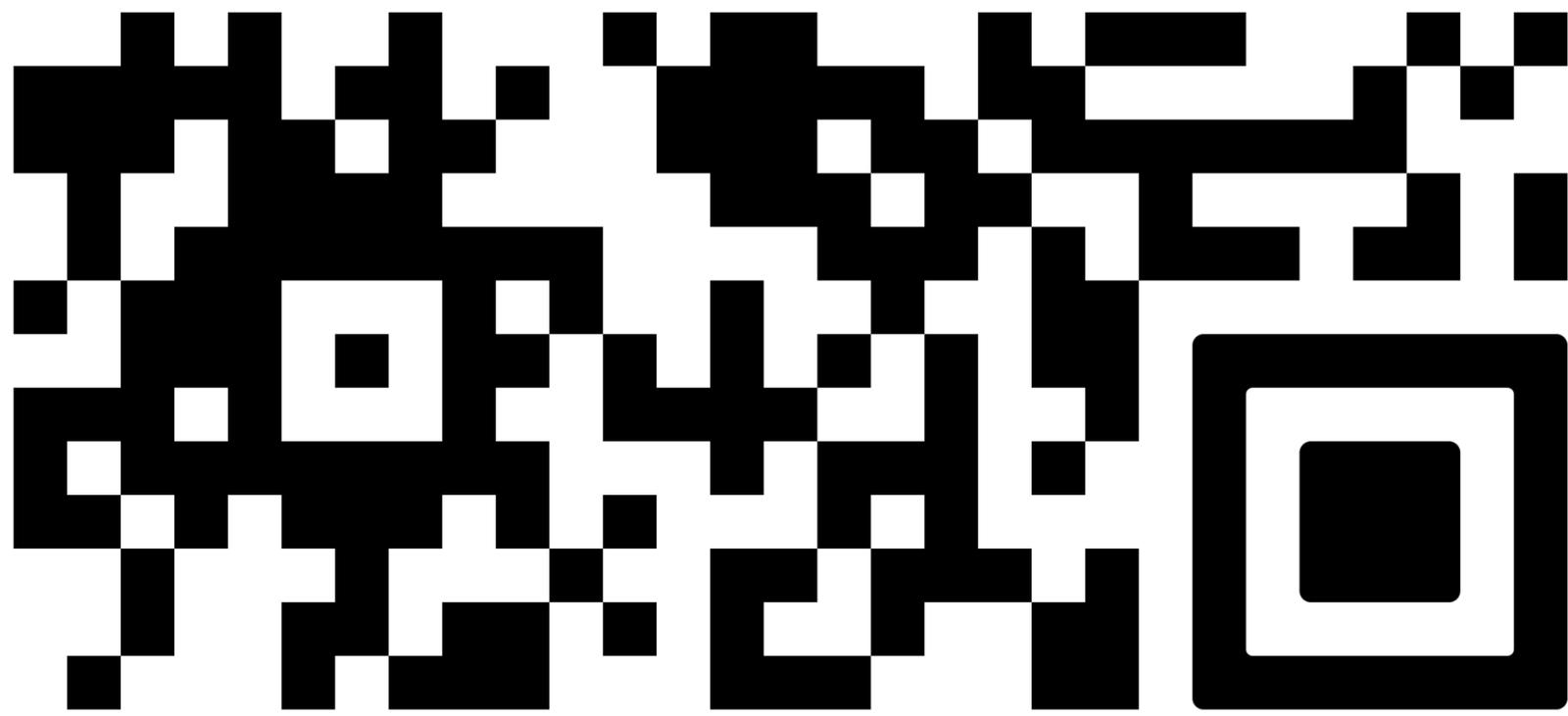
LIVE, LEAD & SUCCEED

WITH POWER + HEART

JOYCE MARTER, LCPC, CSP®



Joyce Marter



ABUNDANCE



Abundance Practices

- Practice “yes, and” thinking in brainstorming
- Celebrate others’ wins publicly.
- Share resources, templates, systems and contacts freely—create a culture of collaboration.



Scarcity Versus Abundance:

- **Fear**
- **Negativity**
- **Lack**
- **Competition**
- **Problems**
- **Limits**
- **Low Self-Worth**
- **Hope**
- **Positivity**
- **Bounty**
- **Collaboration**
- **Solutions**
- **Unlimited Possibilities**
- **High Self-Worth**

CBT Thought Restructuring

SITUATION	THOUGHT	EMOTION	BEHAVIOR	ALTERNATE THOUGHT
Your coworker received the promotion instead of you.	"I suck."	Anger, sadness, shame	Sulky and passive-aggressive	"There will be a better opportunity for me in the future."



SELF-AWARENESS

Awareness Practices

- Weekly “state of the union” check in/reflection.
- Observe before acting—pay attention to nonverbals.
- Before speaking ask, “Is it kind? Necessary? True?”
- Ask for feedback from multiple perspectives.



Growth Edge Breakthrough

- **What is something I could improve upon for the benefit of my relationships at home and work?**
- **“I will improve X by doing Y”**



RESPONSIBILITY

Responsibility Practices

- Use “I” statements when owning issues.
- Apologize as needed.
- Ask “What can I do to support you?”
- Be proactive in communications and ask for what you need



**Become the author, not just the
protagonist of your story**



VISION

Vision Practices

- Revisit Mission Statement and create your own
- Start with the “why” before the “what.”
- Create a vision board
- Share long-term goals and progress monthly with an accountability partner



ALIGNED VISIONING:

- **For self**
- **For team/workplace**
- **For family/community**

POSITIVITY



Positivity Practices

- Problem-free talk
- Gratitude practices
- Words of affirmation to staff regularly
- “Flip-It Challenge”-turn complaints into opportunities



GRATITUDE PRACTICE:

- **For team**
- **For personal life**

RESILIENCE



Resilience Practices

- “Two-Minute Reset” breathing.
- Ask “What’s the win?” in each setback.
- Adopt a growth mindset
- Pep talks for perseverance.
- Humor infusion at team huddles.



RESILIENCE MANTRA:

- **“And this too, shall pass”**
- **“I am bendable, flexible & unbreakable, like a reed in the wind.”**
- **Write yours!**

HEART



- **Presence**
- **Essence**
- **Compassion**
- **Self-Love**
- **Support**
- **Detachment**

PRESENCE



Presence Practices

- Put devices face-down in meetings. Close out tabs.
- Use active listening: paraphrase before responding.
- Take a “mindful minute” before difficult conversations to ground yourself.



Start a Daily Practice

- **Calm**
- **Headspace**
- **Insight Timer**

ESSENCE

Essence Practices

- Share a personal story at least once a week.
- Align words, behaviors and decisions with your values.
- Ask, “Am I living and leading as the best version of me?”



Journal for 3 min

- **Who am I to the core of my being?**
- **Then underline or circle 3-5 words or phrases**

COMPASSION



Compassion Practices

- Pause before reacting — ask “What might be going on for them?”
- Practice empathy
- Use the employee’s name and smile genuinely.
- Weekly “How are you, really?” check-ins.



Empathy Exercise

- **Cognitive empathy**
- **Emotional empathy**
- **Trnsformative empathy**

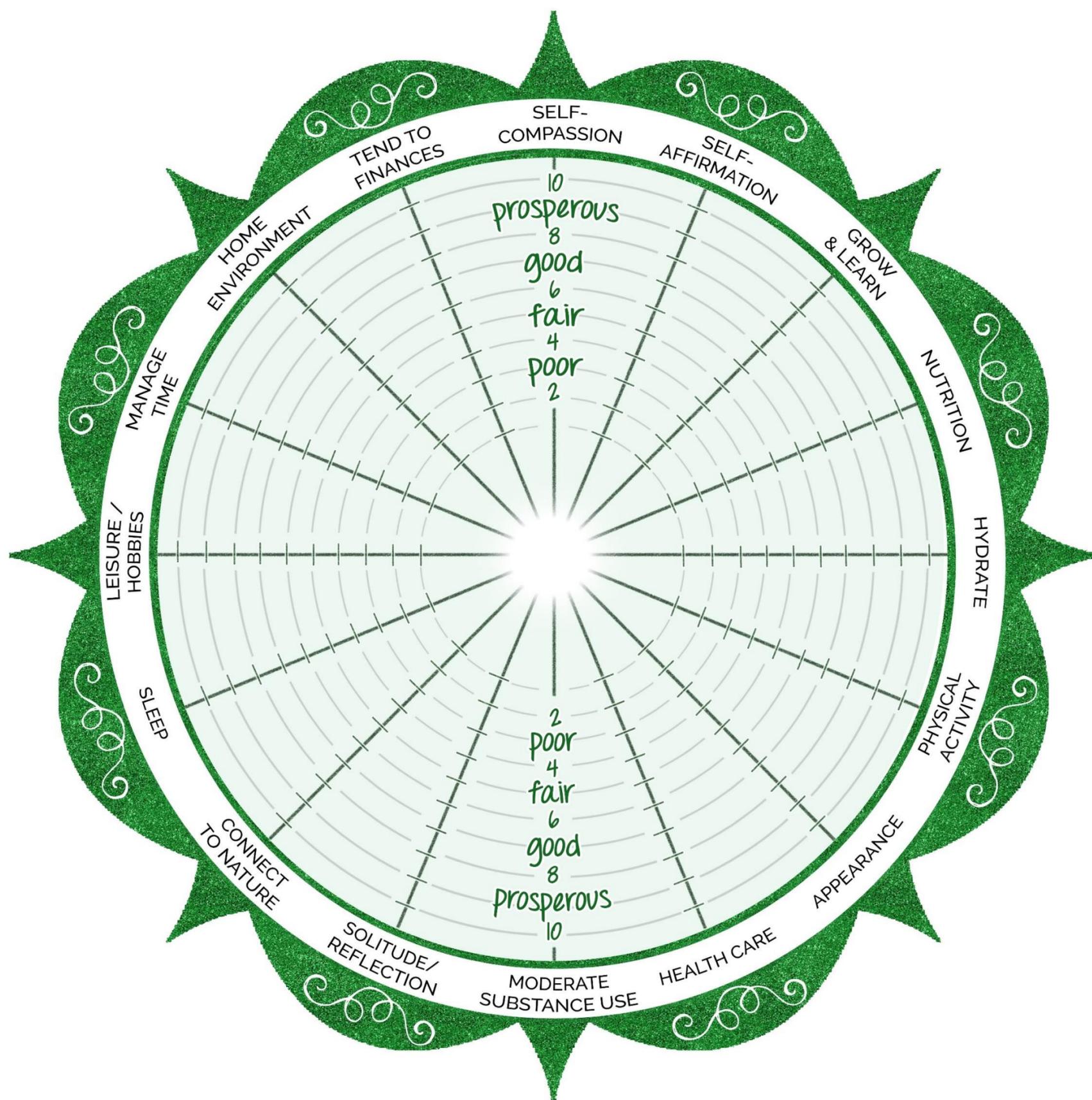
SELF-LOVE



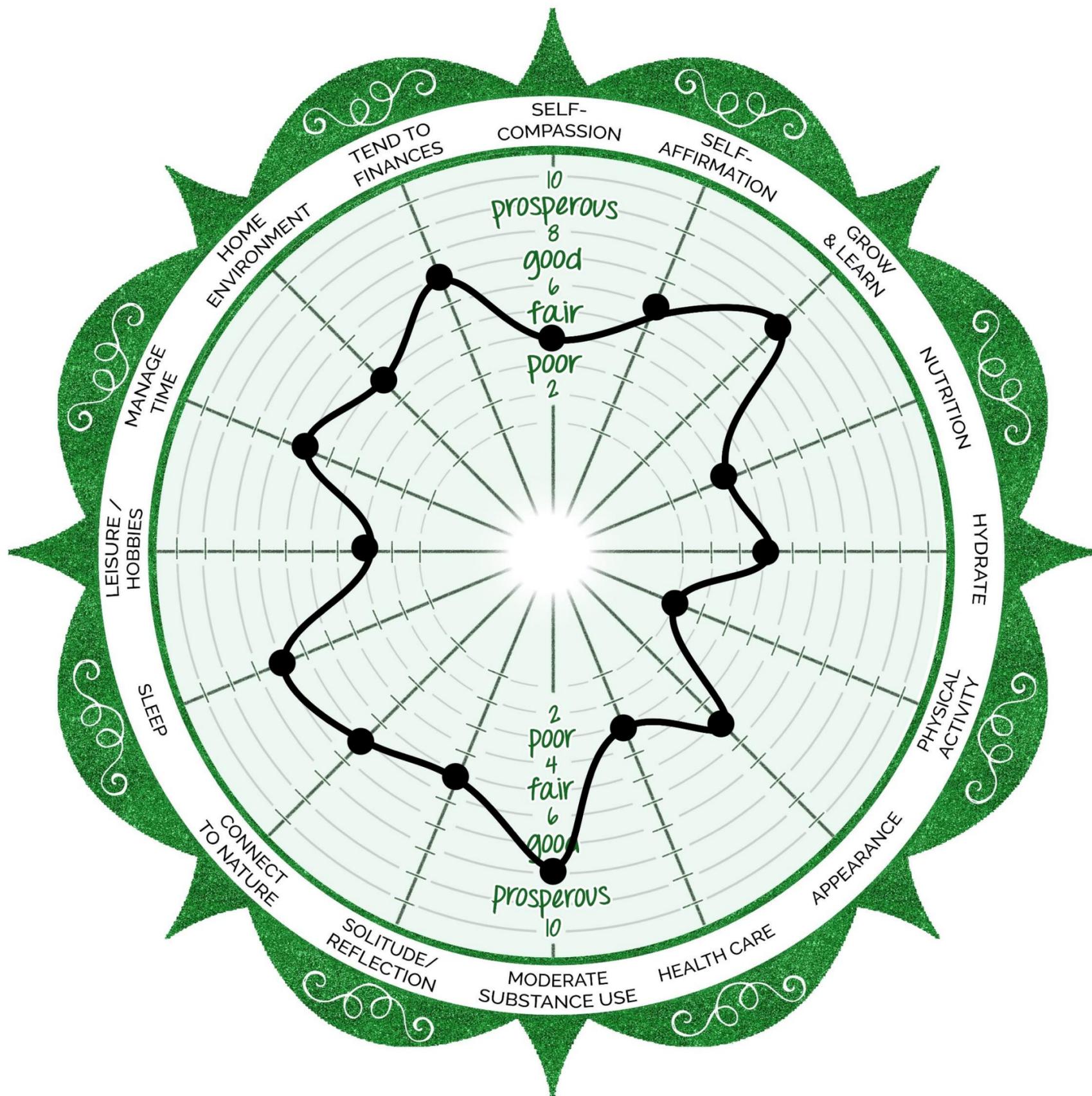
Self-Love Practices

- 3x a workday self-check: Am I hydrated, fed, and rested?
- Book a non-negotiable self-care slot in calendar.
- Give yourself credit in your end-of-day notes or reflection. Honor a job well done.

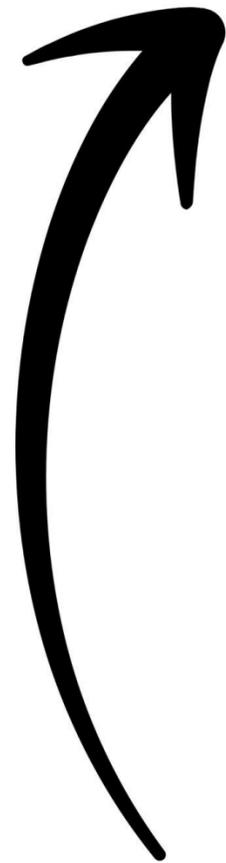




Self-Love Wheel



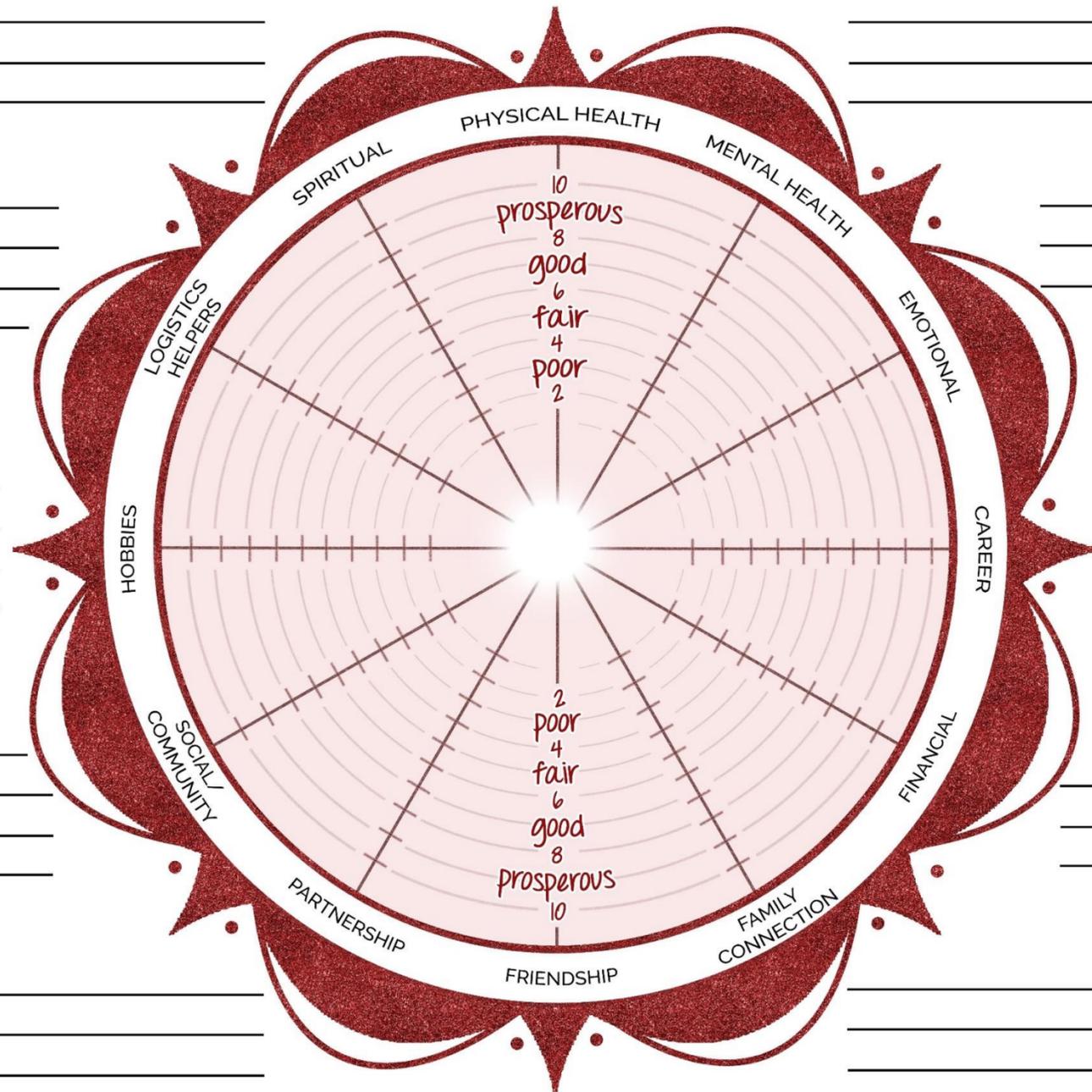
Self-Love Wheel



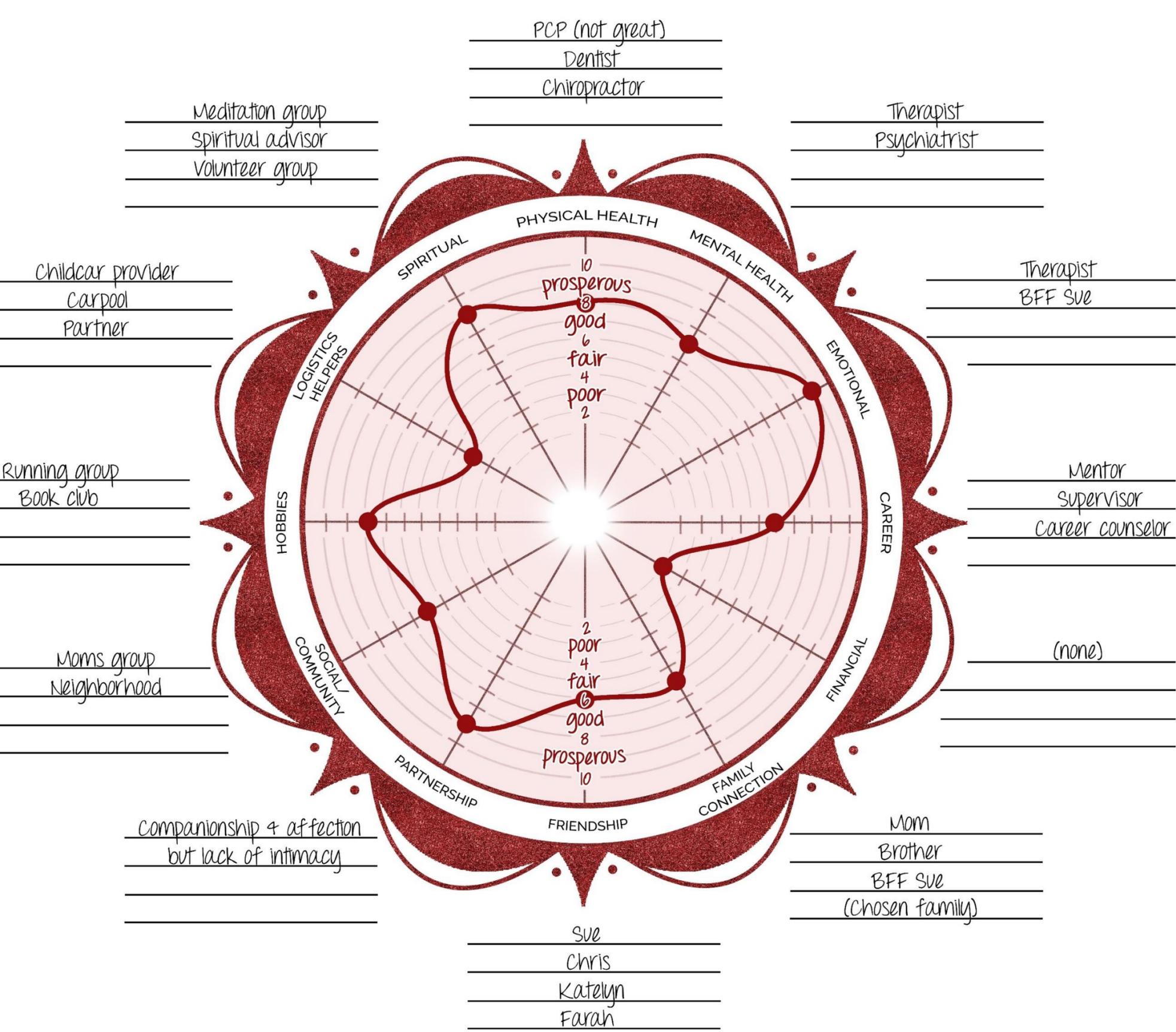
SCAN ME

SUPPORT

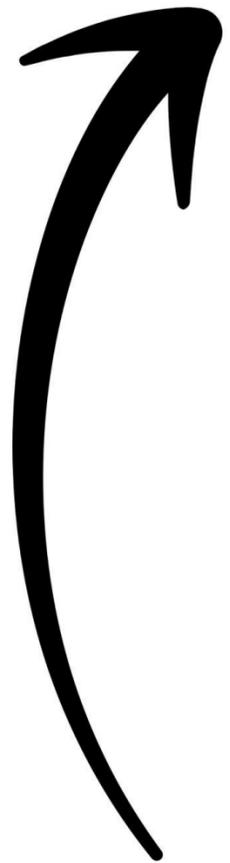




Support Wheel



Support Wheel



SCAN ME

DETACHMENT



Detachment Practices

- Repeat: “This is theirs to fix, mine to guide.”
- Step back physically before responding in heated moments.
- End day with a mental “log-off” ritual.



Container Exercise (EMIDR)



KEY TAKEAWAYS





Give feedback to Joyce

Scan this QR code



Or go to

<https://talk.ac/joyce-marter>

and enter this code when prompted

THRIVING



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



Thank You!

www.joyce-marter.com
joyce@joyce-marter.com



Joyce_Marter



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INFUSION