

2023 ADRP Northeast – Mid-Atlantic Regional Conference

July 20, 2023 | Seton Hall University
South Orange, New Jersey



Unleash Your Potential: Master Unstuckness



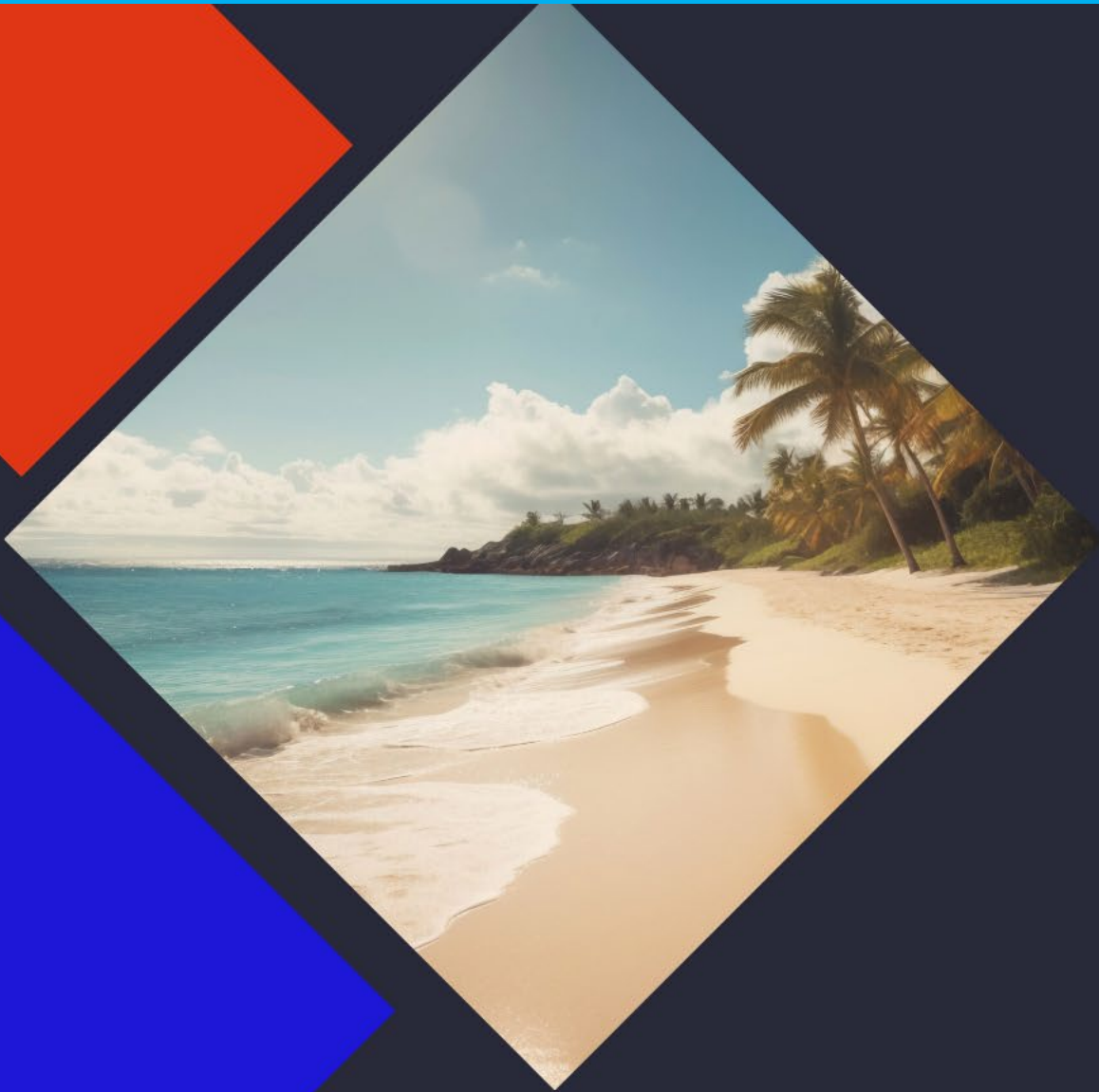
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THE JOURNEY

WHAT IS STUCKNESS?

You are experiencing a feeling of being lost and uncertain about your current situation. You lack clarity and direction, and it seems like you are not where you are meant to be.



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IS BEING STUCK A BAD THING?

***“If you are not growing,
you are dying.”***

TONY ROBBINS



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THE SECRET SAUCE

PROGRESS = HAPPINESS



Why are you here?

What do you want to get out of this session?

What's prevented you from getting unstuck?



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WHERE ARE YOU NOW?



Let's find out...



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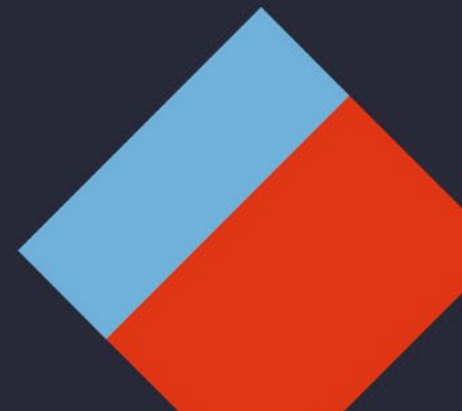
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GOALS

IDENTIFY ROOT CAUSES

UNDERSTANDING MINDSET

UNLEASH YOUR INNER HOUDINNI
WITH PRACTICAL STRATEGIES





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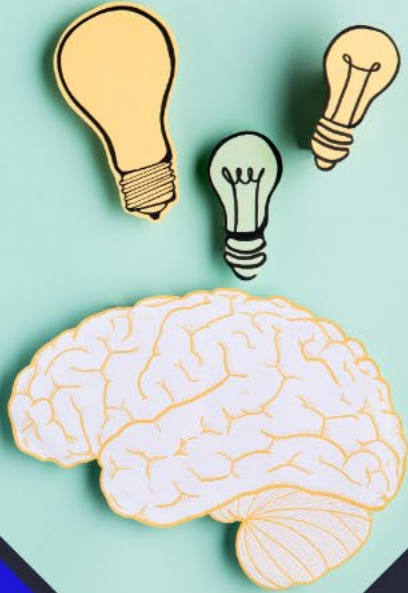


Three Strategies to Mastering Unstuckness

AWARENESS

PHYSIOLOGY

MINDSET



AWARENESS

Exam your thoughts

Are your thoughts of the past,
present or future?

Practice awareness



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PHYSIOLOGY

GET MOVING!

EMBRACE YOUR INNER CHILD
= HAVE FUN!

SELF-CARE IS VITAL!





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MINDSET

UNLOCK YOUR POTENTIAL BY
EMBRACING A GROWTH
MINDSET.

SEEK CONTINUOUS LEARNING
-INVEST IN YOURSELF



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BONUS

SUPPORT

FIND A MENTOR
GET A COACH
CREATE A MASTERMIND

PROXIMITY IS POWER!!

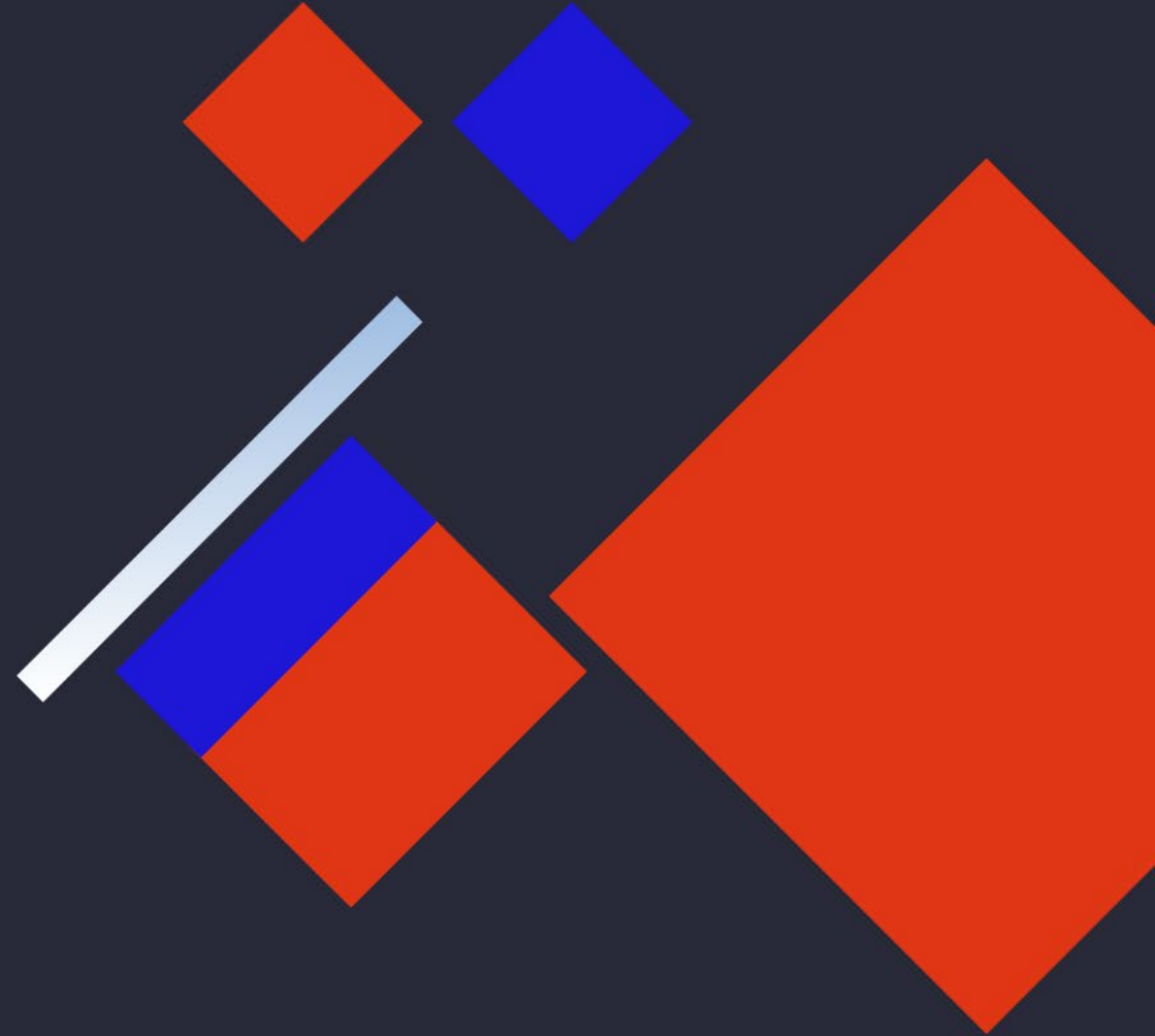




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Final thoughts



Favorite Books

The power of fun by Catherine Price

The courage to be disliked by Ichiro Kishimi and Fumitake Koga

5 AM Club by Robin Sharma

The mountain is you by Brianna Wiest

Hunting is comfort by Sterling Hawkins

Home Body by Rupi Kaur

Awaken the Giant Within by Tony Robbins

You are a Badass by Jen Sincero

The Power of Now by Eckhart Tolle

The Sleep Revolution by Arianna Huffington

Rising Strong by Brene Brown

Make your bed by Admiral William H. McRaven

Get out of your head by Jennie Allen

What to say to yourself when you talk to yourself by Shad Helmstetter

Falling in love with where you are by Jeff Foster

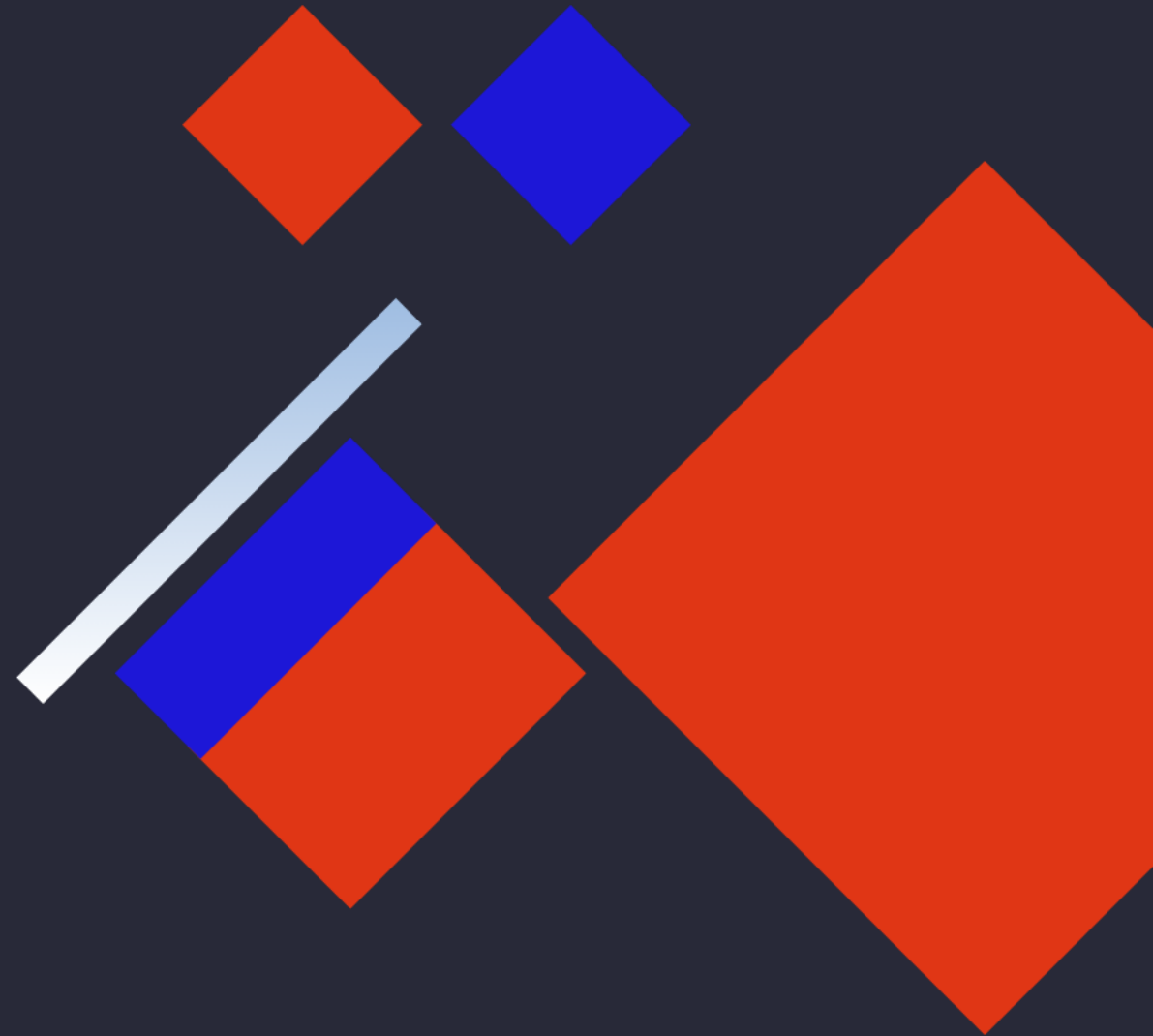
Greenlight by Matthew McConaughey

Untethered Soul by Michael A. Singer

A mind at home with itself by Byron Katie

High Performance Habits by Brendon Burchard

Wolfpack by Abhy Wambach



Questions?



Contact me!

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View the Full Schedule and Details Online





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Join Us at the 2023 Annual International Conference October 5 – 7 in Minneapolis!

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