

FROM SHATTERED TO STRENGTH

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PRESENTER DISCLOSURES

- Jason Wolfer
- The following personal financial relationships with commercial interests relevant to this presentation existed during the past 12 months:
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REASONS FOR SPEAKING TODAY

- Meet and visit with people that I have met online (online support groups).
- Meet new people.
- Stages of emotional of acceptance and the role of support groups.
- To encourage you!



FROM A RUSSIAN PROVERB:

The same hammer that shatters glass, is the same hammer that shapes the metal.



FOUR STAGES WE ALL GO THROUGH

- Denial
- Isolation
- Acceptance
- Support



DENIAL

- The unknown
- Fear
- Sadness, worry, stress and loss
- Confusion
- Anger
- Easier to put feelings aside



ISOLATION

- Being Different
- Focus on negative
- Isolate ourselves from public/prefer to stay at home.



ACCEPTANCE

- Timeline
- We can only help others when we accept ourselves.
- Change expectations
- World becomes bigger, not smaller



SUPPORT

- Why meet together?
- Strong metal comes from a mixture of other metals.
- Personal involvement or become a leader.



OTHER POINTS

- Understand our value.
- We all handle things differently.
- Learn from each other.
- Insert courage (encouragement) into others.

IN CLOSING AND TO REITERATE

- Give yourself permission.
- Share your story.
- Get involved.
- Encourage others.
- Don't be discouraged if you find yourself repeating the stages.