FROM SHATTERED TO STRENGTH

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- 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.