

Presented by Lauren Speeth, PhD

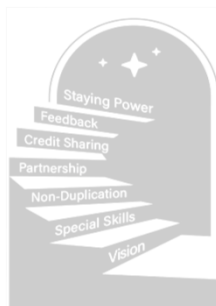
YOUR FUTURE, YOUR WAY!

1

WELCOME

Hello I'm Lauren Speeth of Elfenworks
Productions & Elfenworks Foundation

- Technologist, Educational Media Specialist, Author & Social Entrepreneur
- PhD in Innovative Urban Leadership
- Shared these 7 Principles in Australia, China, India, Jordan, New Zealand, Ukraine, Zambia...
- Successfully applied them for 20 years



2

SEVEN KEY AREAS ONE PER SESSION ~7: STAYING POWER~ (LAST BUT NEVER LEAST)

3

Why Focus on Staying Power? Because...

“LET YOUR EYES LOOK FORWARD; FIX YOUR GAZE STRAIGHT AHEAD. CAREFULLY CONSIDER THE PATH FOR YOUR FEET, AND ALL YOUR WAYS WILL BE ESTABLISHED .”

— Proverbs 4:25-26



4

STAYING POWER KEEPS YOU GOING

What is A Hero?

- Someone who gets up one more time than they fell.
- Someone who redefines setbacks as learning experiences.
- Someone who encourages others.

What Strategies Can I Use?

- Self-forgiveness. Self-care.
- Music. "Uplift" and "Fierce" playlists.
- Knowing what uplifts, beforehand.



5

KNOW YOUR “WHY”

...& keep your

EYES ON THE PRIZE

6



“Kalya Uzumanana”

(THE ONE WHO KEEPS TRYING
WILL GET THE REWARDS)

Tonga Language

7



STAY THE COURSE. LEAD THE FUTURE.

The world needs your light.
Now more than ever.

8



Q & A

discussion session

9



ASSIGNMENTS

- List ten things that give you – personally – staying power.
- What are three songs that uplift you.
- What are three songs that you would put on a "fierce" playlist to revive you when your spirits really need a boost again?
- Remember a time when you overcame an obstacle. How did that feel?
