

MO...MOre Life...MOre MOments...MOre for YOURSELF

July 12, 2010

ASCEND's next event -- Executive Presence & Professionalism Build your cultural IQ by learning how to avoid faux pas and social misunderstandings that can get in the way of conducting business and building solid relationships.

Date: July 16, 2010
Time: 4:30pm – 7:00pm
Registration starts at 4:30pm, Session starts promptly at 5:00pm
Location:
Deloitte Great Room
925 4th Ave, Suite 3300
Seattle WA, 98104
[Click here](#) for all the details.

Maureen in Pasadena, CA
(Opening the door to Adversity)



He was once homeless, now a millionaire. Thach Nguyen sits down with *Stiletto Woman* and talks about his definition of success and the “pie chart” theory.

JOB ALERT:

Are you looking for an opportunity to work for a growing company that's helping TV news stations across the country launch neighborhood websites? If so, [DataSphere Technologies](#) is currently looking for driven, ambitious and hardworking individuals to join its sales team. Excellent benefits and competitive pay. [Email me](#) your resumé.

Adversity

By Maureen Francisco

Spotlight:



We've been following JC Flow making of his CD “Verb Noun Vibe.” And, now the much anticipated release of his CD is finally here. When: July 17th
Where: Woodshed Studios
Time: 9pm.
JC Flow will also be performing throughout the month of July. [Click here](#) for all the details.

Edited by [RobRob](#)

Hi friends:

When you hear the word adversity, what comes to your mind? Crisis? Challenges? Changes? Well ... another word or friend entered my mind recently when I decided to put my house on the market, accepted a new job, and found out from the doctor I had a hernia and didn't even know it. Surgery was a must. All of these life-changing decisions took place within 24 hours. Excitement, uncertainty, and stress came over me. I'll let you decide which word matched with the events that unfolded.

Had this taken place ten years ago, I would've probably had a nervous breakdown with life just throwing itself at me. I knew from my past, adversity often made me feel anxious, at times, paralyzed. When I saw adversity coming, I'd run. Luckily, over the years, I've learned to manage my feelings and embrace adversity. Resilience became my friend. I realized the changes I faced in the past often led to a soft

landing. In fact, many times they created an opportunity for something better.

This is your time to reflect when you faced adversity in your life. Did you lose a job? Moved to a new city? Finalized a divorce? Found out your pregnant?

Now, ask yourself these questions, why did you fear the adversity? How did you handle that adversity? How would you coach yourself when adversity is inevitable?

Remember, I shared with you ten years ago, I would have not handled it well, putting my house on the market, switching to a new company and learning I'd be going through surgery all in such a short time. I've learned over time, accepting changes takes practice. It is something that you need to condition and train your mind. If you find yourself saying, “I don't like change. Period. That's just how I am.” Those are the very same words I also used. You are not alone.

But, if you don't like the feelings that come when you're

not prepared when adversity sneaks upon you unexpectedly, then let's work on that together.

As we all know, adversity is all part of life. Now, you can start by taking baby steps to overcome your fear of adversity. What do you think about a fresh hairstyle? Is it time for new clothes? How about getting rid of that junk around your house?

I found when I push myself outside of my comfort zone, like running a marathon or doing a reality show, I am able to face adversity better and can handle it with grace.

If you are really not there yet, that's okay. Just keep the transformations in your life small. With time, you'll be able to handle adversity when it comes knocking at your door. And, you'll be able to say, “Bring it on!”

CHILD UNITED: The non-profit organization is holding its biggest fundraising dinner on September 11th. Details to come!