


**MASTERCLASS
COMPLIMENTARY SESSION**

**Come Learn How
to LEVERAGE Your
Strengths To Get
UNSTUCK**

**Sign up for the
FREE Strengths
Masterclass**



Patrenia Werts Onuoha

**Do You Feel Stuck
in these Areas?**

Patrenia speaks

IN ADVANCE OF THE SESSION: Do a Quick Power Assessment...
Strengths into Action are Power

Without any Self-judgment, with a lot of curiosity and loving kindness
mark the number that best describes where you are NOW... 5 is Best,
1 is Least

Power Area /Rating	1	2	3	4	5
Calling					
Influence					
Confidence					
Health					
Love					
Spirituality					
Prosperity					
Creativity					

Total Score _____

INSIGHTS

MASTERCLASS GUIDE BOOK

Thank you for your registration.
Mark your Calendar for the
Masterclass October 15, 2022 at
930 am EST/230pm WAT.

90 Minutes with a Live Q&A

Tips before..

Printout this guide and complete
the pre work.

Follow the prompts given during
the high -involvement session
where you walk away with
mindsets and 'actionsets' to apply
right away.

Resilience Life Resources LLC
PatreniaSpeaks Platform
Welcomes you on a step in your
Journey to full MOJO Activation.
MOREJOY-Filled lives are richer,
fuller. Foundational program—
Know your Strengths and Use them
to your advantage.

**Patrenia
speaks**

Get in your MOJOFLOW with
Strengths Practice!!



Eight Self-Actualization Areas- Check all that apply to your Life desires:

- Authentic Confidence
- Love and Intimacy
- Unlocking your unique gifts and talents
- Life purpose and calling
- Creativity, fun, play, and the power to manifest your desires
- A deeply rich and spiritual life where you feel supported by a higher power
- Effortless structures of Self-Care so you can feel deeply alive and at home in your body
- The power to ignite and lift up the people around you and make the world a better place

Key Takeaway: The potentials in your life that you sense are REAL.

What is Your Stuck Area? Define it.

How do you fill your Golden Circle? Insights?

Eulogy Exercise: How Deep do you want your life to go?

Dragon-Slaying Stories- Tell about a time when you solved a problem (work, community, family, spiritual). Include the problem, approach, and results.

TOP STRENGTHS: What strengths Become Apparent as you write your 'Dragon-slaying' stories?

Common Mistakes Causing us to be Stuck: Which Cases resonate with you?

DESIGN- Strengths Strategy in your chosen Stuck area

Key Takeaways



Reflections

Which of Patrenia's stories touched you most during the event? Which one did you most relate to?

Imagine Yourself 60 days from now having applied all the insights from the masterclass to your life and start enjoying the benefits of UNSTICKING your LIFE. What becomes possible for you?

What would it cost you NOT TO MAKE the shift? What will you lose if you don't make it- time, opportunities, confidence, or something else?

P.O.O.R. stands for 'Passing on opportunities regularly.' - Dr. Jaz

Key Takeaway: *The Possibilities for your life that you feel and sense are REAL. Resistance to change is normal, but once you realize what got you HERE may not GET you or SERVE you THERE, your best choice is to look inward to find what is uniquely yours to bring out into the world so that thriving is just the beginning.*