



RESILIENCE TRAINING
FOR THE
HELPING PROFESSIONAL

TOOLS OF HOPE, LLC

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TRAINER | SPEAKER | AUTHOR

Bonus Article Bundle

BUILD ROCK-SOLID CONFIDENCE **Real Life. Real Tools. Real Resilience.**

Too much to do. Self-doubt. Guilt. Suffering quality of life. Too much stress.
Are you stuck? Burned out? Just need a boost?

I care about confidence. I care about resilience. I care about you.
More than 10,000 trained through live presentations.
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What's your cost of ignoring burnout?

Health? Family? Relationships?
Self-esteem? Exhausted? Angry? Feeling lost? Sad?
It may already be costing you quite a bit.

It's time.

You were built for such a time as this.

Build your confidence.

Build your presence.

Build your resilience.

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Ana-Christina Hicks Resilience Coach | Speaker | Trainer | Author hope@toolsofhope.com www.toolsofhope.com

Here are the articles included in this bundle:

- #1. 5 steps to get through tough times (look into the turn!)**
- #2. 7.1 Powerful Beliefs of Radically Resilient People**
- #3. HOW'RE YOU DOING YOU? (super crazy quick stress resets)**
- #4. CLEAN. THE. CAR. (How to get ready for your next step)**
- #5. How to move past feeling confused or blocked.**
- #6. Dust off your dreams**
- #7. How funerals are good for saying goodbye and hello.**

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#1. 5 steps to get through tough times (look into the turn!)

*“Sometimes I wonder about my life . . . and sometimes I wonder:
do I do it because I like it or because I haven't been brave?”*

Meg Ryan - *You've Got Mail*

I don't know if this happens in your world, but what are you ignoring right now because it's uncomfortable or scary? *Where do you want to be brave?*



As a 50-something mom, I'm not exactly your typical sport bike rider.

Goal: to learn how to navigate turns and curves and twisty roads better. I want more confidence in my bike handling. And did I mention? **I don't like being scared.**

I often ride into the Colorado mountains. If you've never ridden a motorcycle, let's chat:

First, one thing that is different from driving a car is that you LEAN into turns. You don't just turn the handlebars. You should look into the turn (literally turn your head) and then lean into it. Weird, but true. If you don't, it messes up your balance and tends to throw you wide out of the turn.

Second, you not only lean, you also need to look into the turn and to where the turn ends and straightens out again. Pretend we're turning right. Easy enough when you're in an open area where you can turn your head and see the end of the turn. How about on a curving road through a forested area? Not as easy, but you look to the right, you can kind of see the road and the end of the curve through the trees and keep going. Oh, but now how about when you're riding through a canyon? Now you're taking a right turn, but it's blind because there is a wall of rock that you are going around. You can't see through the turn. NOW WHAT??!! You have to trust and still "look" through the turn. It's a really weird feeling.

Let's add that canyon roads have added hazards: no shoulder, fallen rocks, spring run-off (water on the road can be really bad on a turn), or gravel that is strewn across the road by the runoff (gravel can be a killer for a bike on a turn.) Oh, and how about the herd of deer crossing the road? (I sure hope my mom isn't reading this.) Lots of potential hazards to watch for.

During the summer, I went on a ride into a canyon around 10 am. The majority of the road was either rock canyon walls or heavily forested with pine trees. **So let's add tree shadows falling across the road.**

I'm already hyper aware because of all the things I just mentioned. The shadows make it harder and

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more nerve-wracking. Now I am going from light to dark and light to dark, and, obviously, it harder to see and avoid the hazards.

I went up 10 miles, avoiding potholes and noting gravel patches, slowing down when deer were crossing the road, and being extra wary in the shadowy areas. And then back down. I rested and hung out in the sun for a while and then went back to practice the 20 mile round trip again. Guess what? It was now 1pm and 90% of the shadows were gone! Not only did I know the road better (and it's hazards) by now because of practice, but now I COULD ACTUALLY SEE!

How does this help YOU?

Well, back to the original questions at the top: What's bugging you? What's got you avoiding? What's got you scared? Where are you not being brave?

And **HOW CAN YOU MOVE THROUGH IT?**

1) **Call it out.** When you call it out and recognize it, you "put light on it." It doesn't stay hidden, in the shadows. I recognized that turns, especially mountainous ones, scare me.

2) **Confront it and step into it.** Be willing to make the change. What will you do to practice doing it differently? I made a conscious choice to go practice my turns.

3) **Minimize the shadows - Plan for success.** Mitigate the risk. Even though you can't get rid of all the shadows (hazards), look at what you're trying to do and simplify it as much as you can so that it's easier and more successful for you.

Example? I picked a lightly-traveled canyon so that I'd have less traffic to deal with and less cars and trucks pressuring me from behind to go faster. Also, even though I gutted my way through the shadowy road in mid-morning, I would have had an easier time had I started at high-noon, where the shadows weren't nearly as thick. Take a baby step, or two, that is doable. Make it easier as you move into the risky areas.

4) **Be grateful for the shadows.** Did you know that gratitude disrupts fear? Actually, even though I was wary, the dappled sunlight coming through the trees was gorgeous. What a beautiful day and a peaceful time to think and be thankful. Ok, no matter what you do, there are always going to be hazards and shadows as you try something new. So be careful and aware - AND still move forward. What's not to love?

5) **Look for the learnings.** There are lessons in the shadows. It's the dark times, full of hazards, that teach us to be aware. They help us grow, don't they? They help us learn something different. The curves and twists help us "lean." They help us to slow down. They help us to look up and trust "through the turn" even when we're "blind" and we can't see exactly where we're going. They show us our weakness, and allow us to choose whether to turn to a higher source, higher power for strength.

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5 simple steps:

1. Call it out.
2. Step into it (be willing.)
3. Minimize the shadows (risks.)
4. Be grateful.
5. Look for the bigger learning.

Be Strong. Be Confident. Be Radically Resilient.

ANA-CHRISTINA

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#2. 7.1 Powerful Beliefs of Radically Resilient People

Let's lay out the basic beliefs of the highly successful, Radically Resilient professional.

1. FEEDBACK: There is ONLY feedback. What if there was no failure? What if it was all feedback?
 2. FLUIDITY: When you learn to be fluid, to adapt, you'll always be unbeatable. (Jet Li)
 3. CHOICE: There is always another option. What other options are there?
 4. BEST: Everyone is doing the best that they can with the resources that they have available to them.
 5. BEHAVIOR: People are not their behaviors. What if you were willing to accept the person and change up the behavior?
 6. RESOURCES: There are no unresourceful people, only unresourceful states. (State = Mindset, or heart-motivation, or action-bias.)
 7. MAP: The map is not the territory. i.e. the words we use to represent the event/item/person is not the event/item/person. It is simply our perception of that event/item/person.
- 7.1 PERCEPTION IS NOT REALITY. Therefore, when you use tools to enlarge, enrich, expand your perception of the world, you will see "reality" differently.

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Which of these tools makes the most impact on you? Which one do you disagree with or have some push-back on? How could you choose to perceive it differently? Which one makes the most sense for you? How can you use that one to enrich your own behavior and thinking?

Here's to your YES! to life! *ANA-CHRISTINA*

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#3. HOW'RE YOU DOING YOU? (super crazy quick stress resets)

So... no typos there. How are you doing you?

How are you showing up nowadays? Tired? Happy? Frustrated? Impatient? Gentle? Strong? Living? Or living a dying life?

Would life be like – peaceful, worry-free, joyful, loving, patient, loving who you are, comfortable in your own skin?

So much to do, so little time, and so little sleep and peace.

What is holding you back? What is preventing you from being that being that you were created to be?

If you were to know, what would be the first step to get closer to who you really are?

Here's what one step might look like:

Be thankful for 3 things right now.

Before you go to sleep tonight, say "I appreciate ____" about something that happened today, with 7 things.

Take at least a 10-minute walk and look as far as you can forward. 10 minutes.

Say no to that junk food (ya, I know, you can rationalize it, but you know when it's not really healthy) and say yes to some fruit.

Take a deep breath before you spit out that venomous thought or word. And if it still wants to come out poisonous, remove yourself from the situation and take 3 more deep breaths. You can, indeed, speak your truth without trampling all over someone else's.

Make that call you've been meaning to make.

Create some closure for that thing you've been putting off.

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Choose to give yourself 3 minutes of uninterrupted quiet time listening to yourself breathe, with your hands open and pressed against your heart feeling your chest rise and fall.

Now – after trying at least one of these things right now... how you doing, you?

You're the only one of you.

And...

The world needs you.

GetYourLifeBack

ANA-CHRISTINA

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#4. CLEAN. THE. CAR. (How to get ready for your next step)

This morning, I woke up with no voice. Totally hoarse. And yet I was hearing a voice, in my heart (and real loud, too), saying CLEAN. THE. CAR.

Hmmmm. What? What does that even mean? My mind flitted to my red Honda. I know I've had this stainless thermos rolling around in the front footwell for a couple weeks. Why? Not sure. I just never brought it in. Doesn't belong there, but I just didn't trouble myself to bring it in.

There are left-over leaf bits and pieces from autumn leaves tracked in by our shoes. There's some trash in a plastic Starbucks cup that we keep in the console for trash.

I know there's a purple cotton jacket thrown into the back seat. Not folded. Not hung. Just tossed in with abandon. I threw it in during a snowy drive a couple weeks back and didn't bring it back in. A couple papers on the floor in the back. A few books slinging around on the back seat. We have an emergency kit in the trunk, but that's pretty much it.

So it's not about CLEANING the car, per se.

It's about GETTING READY FOR THE JOURNEY.

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It's about LIVING.

Your life is the CAR.

It's about you!

I mean, if you want to go on a cool trip, you get ready, right?

You get rid of stuff you don't need.

If you want to be more, you get ready, right?

If you want to do more, you get ready.

If you want to have more, you get ready.

When you value yourself, you clean up your car. You don't let things keep rolling around in there just because you can't be bothered to get them outta there.

I mean, seriously, if it was a pickle jar, full of pickles, you better bet I'd bring that thing in. Don't want it exploding as I swing around a turn. Toxic pickle juice smell for eternity. (especially on nice hot summer days. No thanks.) But it was just a thermos. Not gonna break. Not gonna explode. Doesn't make much noise rolling around. BUT IT DOESN'T BELONG.

Get rid of what doesn't belong. Take the time. Make the time. Clear out what doesn't belong in your heart. Figure out what shouldn't be there and what should be.

It's about you.

You are worth it.

You are worthy.

You are beautiful.

You were built for more.

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3 steps to get your mindset ready:

- 1) Get rid of what you don't want & doesn't belong.
- 2) Decide what you do WANT... for the Journey.
- 3) Get going!
- 4) Take a baby step. Live your life. YES!!

Rich blessings on your way into your life.

ANA-CHRISTINA

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#5. Feeling confused or blocked?

If we know everything, it means we're comfortable.

It means we are not moving.

It means we are doing only the things we know well or do well.

In other words – it means we are not growing and learning.

Confusion always precedes a higher level of learning.

If you are feeling confused –

What could it mean?

What could it be getting you ready for?

What are you in the middle of learning?

It might mean:

You're learning something new.

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It might mean:

You're not clear on what you REALLY want.

It might mean:

You've lost your voice, momentum, focus.

It might mean:

You are listening to other voices instead of your own.

It might mean:

You are more influenced by others' advice and judgement than you'd like.

It might mean:

You're feeling angry, sad, ticked, grieving, intimidated, frozen, numb – and are hiding those under “confusion.”

What else might it mean?

Confusion is a good indicator. Of something.

How will it help you to take a look, listen and pay attention to how you're REALLY feeling when you're feeling confused?

Rich blessings as you get clarity!

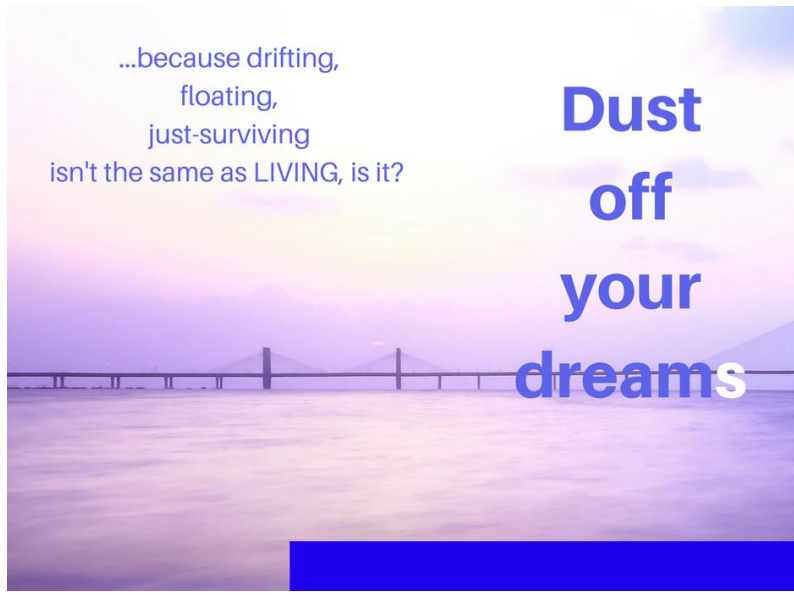
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#6. Dust off your dreams



To my powerful, gorgeous, waiting-to-burst forth womenfolk who sometimes feel stuck. This is for you.

Do you ever wake up and think: “Is this all there is?” Because – floating. Drifting. Just surviving isn’t the same as LIVING, is it? Really LIVING. That’s what it’s about.

If you live in a place and space of regret, guilt, anger, sadness, FEAR – it is a low-grade life-sucker. Argh.

And the thing is – it tears you apart, doesn’t it? This slow death thing. Eats you alive from the inside out.

I know. I’ve been there. Those of you who know my story know that I was a super angry young woman, extremely guarded, pretty much a knucklehead there for a few years. Before I became willing to forgive. And even then, those of you who know me know I made some spectacular mistakes even after that. ...sheesh... Hindsight is 20/20, right?

And unfortunately, they didn’t just impact me. They impacted my children. It impacted my work. It impacted my health.

Personal and business decisions can impact your family heavily, can’t they? Even when you try to justify the long hours, the stress, and how you have to work or else you won’t be able to pay bills.

Here’s the deal: even after work, if your brain is still at work, your family still doesn’t get “YOU”, do they? You’re just a warm body with a pulse at that point. Not present. The stress wreaks havoc on your sleep and your ability to really be present at work or at home.

I wish it weren’t true, but the crap you hold onto is the crap that leaks out on those you say you value the most.

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After the second divorce, I threw up my hands. Not in defeat. And even though it looked like disgust, what it really was, was DEFIANCE.

I decided: “NO MORE.”

I decided I would do whatever it took to change up the lies and crap and anger I’d been morbidly holding onto. ...The crap you hold onto leaks out onto the ones you say you love the most...

I chose not to hide behind fear of judgement. I chose to learn, to grow, to do whatever it took to heal. And I did.

It wasn’t easy. It was tough sometimes. And, looking back, the tools were simple. Small steps in the right direction create a space and place for healing, don’t they?

What will your life be like if you just keep floating? Just keep drifting? No plans in particular, no incremental goals, no things that you are really truly passionate and willing to go for? What opportunities will you miss out on?

-AND-

What could your life look like when you decide “NO MORE”?

“I am willing to do whatever it takes to change things up.” I want more out of this amazing journey that is my life. I can do more. I will LIVE more.

I am ready to dust off my dreams and re-imagine my life. I am I am I am . YES YES YES.

What will you re-imagine? (Yeah, I get it. You’re older, you have responsibilities, you can’t do exactly what you used to do. Got it. BUT you CAN reimagine and reignite the passion, can’t you? Even if it’s not exactly the same?)

What will you decide is no longer welcome?

What will you become willing to accept and receive in your life?

**

Because your life is meant to be LIVED, not sidelined. Not days piling up like empty husks.

If you are reading this, it means that you are loved and cherished and built with and for a purpose. Do you know what yours is?

Make it your life’s work to find what you are built for and THEN uncover what you are to do with it.

When you do, your life will come alive.

Straight up. I know, because I have done it. I went there. I gave up the float. I gave up the drift. I gave up living a dying life. People do it.

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Situations and events still may happen and be crappy, but you will be fundamentally different:

- At peace, content, vibrant, strong, comfortable in your own skin, standing strong on a stable foundation of confidence, faith, and trust – and much better able to make decisions and move forward.

It's time to live, my friends. It's time to lose the anger, fear, sadness, guilt, and regrets, isn't it?

Take the step you've been meaning to take. Make the decision you've been putting off. Be willing to have that conversation that you know in your heart will move you.

It all starts with a conversation, doesn't it? "I'm sorry, please forgive me." "I'm willing to do this differently." "I am willing to seek help." "I am willing to accept the gift." "I am ready to get some more tools and resources." "I'm going to take a baby step toward my dreams." "I love you."

Dust off your dreams. What's your conversation gonna be today?

Richest blessings to you and yours. *ANA-CHRISTINA*

#UpYourGame #RaiseYourHappy #GetYourLifeBack

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#7. Grab Hold. Be Bold. Soar.

I was privileged to pray for a young man and his family last week in ICU. I knew him for a total of 30 hours. I went one evening. I went and hung out with him, his mom and dad the next afternoon at the hospital. When I went back that night, he was gone to heaven. He was 16 and had fought rare brain cancer like a warrior.

About 300 people came to say goodbye to him today at a church south of Denver.

How funerals are good for saying goodbye and hello.

I realized, though, that it is also a time to say HELLO.

Hello?

Yes.

Say Hello to WHAT, EXACTLY?

To the awareness of how we live.

To what steps we are taking.

To our intentionality.

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To how we are taking care of ourselves.

To how we show up. How we love.

How we listen. How we express our feelings.

How to ask for help. How we serve others with what we ourselves have learned.

GRAB HOLD. BE BOLD. SOAR.

Ok then. Hello to what else?

To the awareness of the briefness of this life we live.

To dreams we once had that are calling for reawakening.

To regrets that are wanting to be put to rest.

To bitterness that has been building.

You are called to uncover and discover your very self that has been covered up by old hurts or mistrust or anger.

GRAB HOLD. BE BOLD. SOAR.

Say Hello to the awareness that you were built for such a time as this.

You have a unique set of giftings and ways of thinking and ways of approaching life.

You are called to see the battle as it is.

You are called to see yourself as you REALLY ARE. DOWN DEEP, IN GRACE, IN FULLNESS.

You are becoming STRONGER.

You are becoming even MORE RESILIENT.

You are learning PEACE in the middle of the storm.

You are learning to unearth JOY despite the circumstances.

You are learning PATIENCE.

You are becoming a LIFE-GIVER as you take care of yourself.

You are learning LIFE.

You are BRILLIANT.

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SAY HELLO TO YOUR NEW SELF.

Say HELLO! to the self you are becoming in the midst of the struggle and strife and joy and triumph.

THIS IS THE DAY.

NOW IS THE TIME.

GRAB HOLD. BE BOLD. SOAR.

Love,

ANA-CHRISTINA

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When it's time for more resources. When you want a boost. When you're ready to move up and forward out of the stuck. Set up a Complimentary Consult Call! Big hug – *ANA-CHRISTINA*

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“Ana-Christina has the ability to connect with participants in a way that they feel she’s speaking personally to each participant. Her enthusiasm and passion for what she does is quite evident, and the information presented helped immediately as well as in the following weeks. A key ingredient of any speaker is the long-term impact upon the attendees, and I still receive positive feedback about Ana-Christina. Any organization will be well advised to have her speak to them.”

Barbra Russell, MA, LPC, Director, Counseling Ministry, Potters House Church of Denver

“The Aurora Police Department Victim Services Unit continues to call upon Ana Christina to assist in the training of victim advocates with “Tools of Hope”. Her workshops inspire us to be aware of our need to be resilient and take care of ourselves and each other as we are exposed to crisis and trauma on a daily basis.”

Carole O’Shea, Supervisor, Victim Services Unit, Aurora Police Department

“Ana-Christina is a transformative life coach. She's helped me to clarify my goals, unleash limitations, and reignite passion. The techniques she uses work! If you're looking to get unstuck - Ana-Christina can help.”

Tammy Isa, Executive Vice President – Performance Achievement, OrbitGroup, Ontario, Canada



Woot Woot!

Check out my newest new book – Burnout’s Kryptonite. 3 Simple Secrets to Stop Burnout before burnout stops you. <http://bit.ly/BKonAmazon>

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