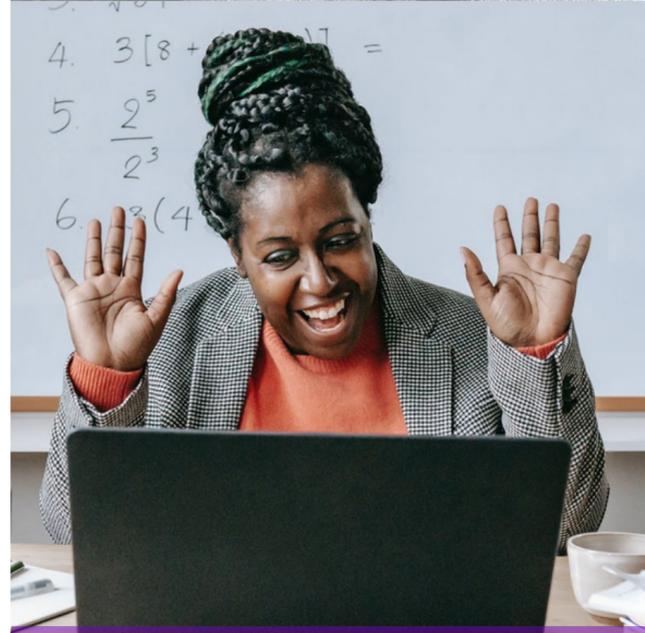


Dr. Stacia' Alexander



The Emotionality
of Success
with
Dr. Stacia' Alexander

www.EmotionalityofSuccess.com





Introduction

Working in the mental health field for 20+ years has afforded me the blessed opportunity to meet an array of people from all walks of life. While the work is challenging, it is also one of the most fertile means of studying the resiliency of people to overcome obstacles.

My work with professionals created a stir in me that rivaled no other simply because I realized a significant portion of their shortcomings was due to a lack of preparation for the emotional toll their journey would take on them on time after time again. Repeatedly, they struggled with intense emotions because they were denying their right to feel. The simple state of being successful created a pull nullifying their human response to the highs and lows of life.

Helping professionals embrace the journey has freed them of the pressure to deny those basic rights to feel. Even more so, training people at the cusp of their success to prepare for emotional experiences lends another layer of success equal to that of having the right education, the right mentor, and the right supplemental resources to optimize performance.

Prepare for this journey and watch how much of a difference it makes in your life.

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Goals Are Important

Quadrants

The Emotionality of Success infuses every part of your life with a consistent and intentional focus on reaching your goals. But not just to reach goals, but to achieve the peace that we need to effectively manage and sustain goals. The Emotionality of Success deserves your attention just as much as the other measures you took to reach your goals.

Spiritual

Personal Devotion
Corporate Worship
Evangelism
Personal Ministry

Professional

Education
Career
Finances
Pursuit of Knowledge

Self-Care

Emotional
Cognitive
Behavioral
Self-Image

Relationships

Nucleus
Family
Friends
Romantic
Professional
Self

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Self-Care



Power Zappers

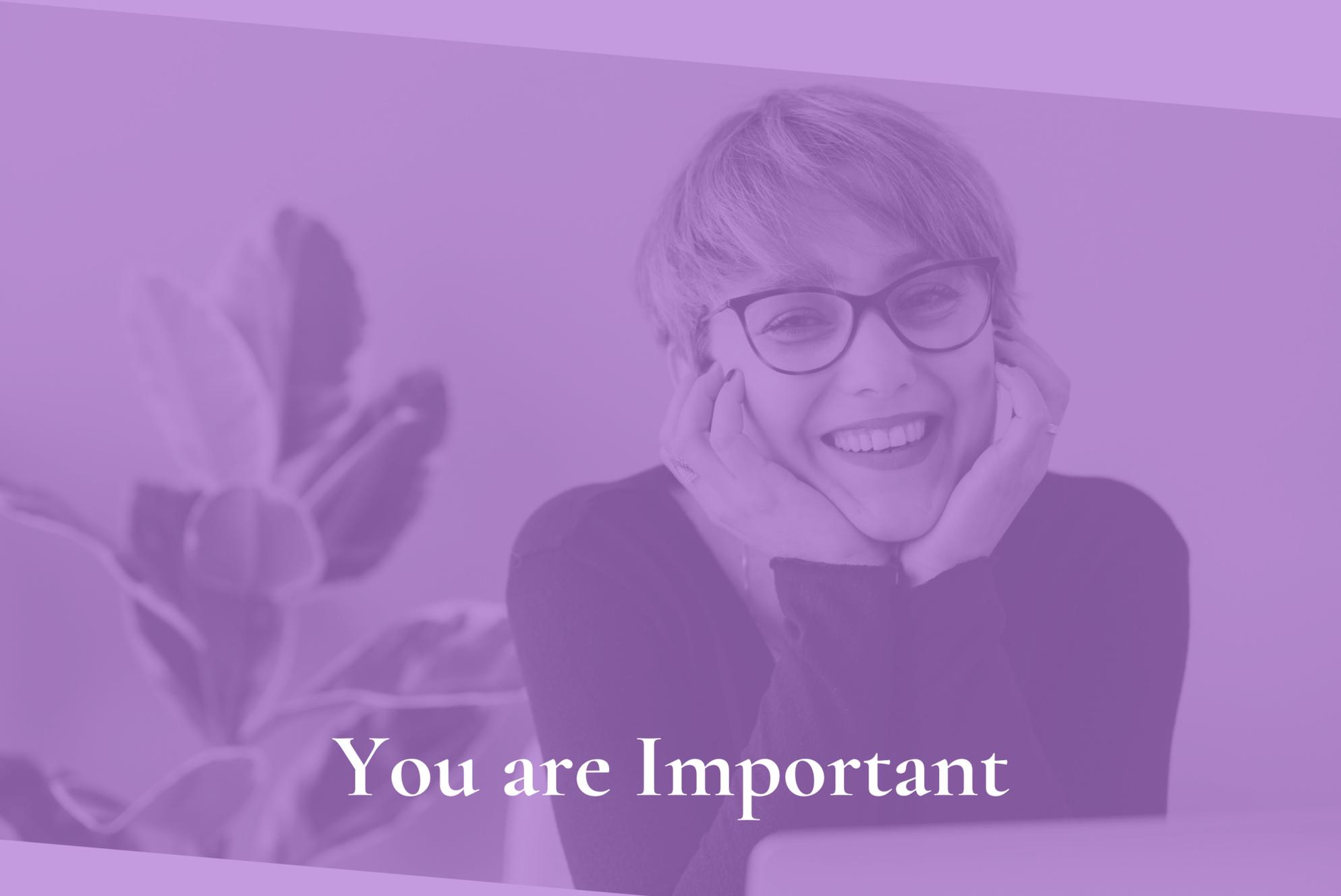
Approximately 72% of women experienced burnout last year. High levels of stress and overcommitment place a strain on you emotionally, cognitively, and physically.

Take 30 minutes to identify the routines or habits you have which are zapping your power.

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Relationships



You are Important

We spend a lot of time taking care of others because we value our relationships with them.

Stop leaving yourself out of the considerations.

What about your relationship with yourself? Are you happy with yourself right now? Are you taking good care of yourself? How much value do you place on what you need and want?

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Spiritual



Personal Devotion Time

Always be specific in your requests during your devotional time to gain clarity for what you desire and for what is destined for your life.

Be open to direction and counsel from those who you deem sincere about your growth and will hold you accountable in your spiritual walk.

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Professional



It's more than the workplace

While financial security is a high priority for many people, spend time considering your other areas of this quadrant:

1. How satisfied are you with your career path?
2. Do you spend time with a hobby or learning about interests?
3. Are you building relationships with people in your industry as a support network.

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Emotionality of Success Strategy Program

I recognize the components of the journey to success that do not receive the attention they deserve especially considering how much of an impact it has on the trajectory of our lives. Many people receive training and guidance on building skill sets to prepare for their chosen industry as well other auxiliary skills to complement their growth.

Consequently, professional mentoring overshadows the need for emotional regulation and management during the same journey. Rarely do people maneuver through their experiences without having some emotional challenges along the way.

I provide training and consultations to aide in developing programming and assistance to not only identify but to also assist successful people manage the emotional experiences associated with growth to achieve goals in the professional, relationships, spiritual and self-care areas of their lives. .

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Testimonies

Let me say this has been amazingly transforming for me, in all quadrants. I am aware of my own gifts and talents without comparing them to others. I am aware that my goals don't have feelings, so I commit to my plans daily. I'm intentional as I set my mind to "DO" what I've said, heard and learned, on a daily, weekly and monthly basis. I'm sustained through hearing testimonies of the other ladies in the group share their feelings, during the process and I realize I'm not alone.

What stands out the most is awareness. I'm becoming more aware of how important it is to lay the proper plan to execute. I'm more aware of how my triggers (anxiety, insecurities, etc) stifle growth in moving my business to the next level and I'm learning how to work around them.

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I look forward to meeting you!



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