

Overcoming Adversity

Life's Amazing Lessons

OVERCOMING ADVERSITY 2009

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ADVERSITY



Ultimate
Performance
Consulting™

Have you ever noticed how we never seem to be able to get over things these days?

Have you also noticed that we get so caught up in the reasons for our problems that we forget to resolve them and move on with our lives?

Have you ever wondered how some people seem to have an ability to just get over major adversity with relative ease?

Do you have a major obstacle or adversity effecting your life? What have you noticed about the way you are dealing with it? Is there something about adversity that seems to overpower you?

Life is Precious. The world we grew up that offers amazing opportunity to challenge us and at the same time give us so much opportunity. Did you notice the possibilities? Do you have the facility to cope with the constant adversity arising from one of life's challenges effecting you? Did you noticed the lesson?

People who are able to adapt to and learn the lessons while under the constant pressures faced by their adversity clearly have an advantage over those who are unable to cope. So what is the difference? What is the secret?

Individuals and groups need to have the ability to create opportunity and growth in light of, and in spite of adversity in order to overcome and ultimately live a richer life as a result of their challenges.

How useful would it be if you were able to simply turn your adversity into opportunity?

We all have a base set of skills that we use to deal with life but unless we actively seek to equip ourselves with practical new skills and strategies, we are not able to adapt as life constantly challenges us to be great.

SKILLS COVERED

- Recognising the True Meaning of Adversity
- building a Big Picture
- Eliminating Anxiety

Included is some insight on how Andreas turned his accident into an opportunity which eventually lead him to ride his handcycle 16,000km around Australia.

Create An Abundant Life