

# IMAGE



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ENCOURAGING OPTIMAL HEALTH & BEAUTY

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## IVANKA TRUMP

WIFE, MOTHER AND SUCCESSFUL  
ENTREPRENEUR

## DOES YOUR SKIN HAVE YOU SEEING RED?

SIGNS & SOLUTIONS FOR ROSACEA

## SAY IT WITH A SMILE

OPTIONS AVAILABLE FOR TOOTH  
REPLACEMENT

## THE OCEAN HOUSE

PERFECT PARADISE FOR YOUR  
SUMMER ESCAPE

## ACCENT YOUR BODY

NEWEST TECHNOLOGY TO TONE & TIGHTEN YOUR SKIN

## HIGHLIGHT ON HUMANITARIANISM

PHYSICIANS PAY IT FORWARD  
AND OFFER MEDICAL CARE  
AROUND THE GLOBE

Facebook



## THE PURPOSE OF YOUR LIFE IS.....?

A true leader **empowers** the people around him

WE ARE NOT ONLY RESPONSIBLE FOR OURSELVES BUT FOR OUR FAMILY, FRIENDS, OUR COMMUNITY AND THE WORLD AROUND US

In the April issue I introduced you to the Basic Workshop that I had taken at Synergy Education, and how those lessons and experiences have forever changed all of the relationships in my life. As I had written, the Basic is the first part of a three-part curriculum for transformation. On the last day of the Basic training we were briefed on what the next step was on the road to transformation. At this point I had the option to take the knowledge I was given all weekend and run with it, or continue on to the Advanced Workshop. The Advanced course begins where the Basic course left off, and I was on such a high from my Basic experience that I was not going to stop there.

The Advanced Workshop is five full days, which begins on

Wednesday and ends on Sunday, with a follow-up session on the following Tuesday night. That is a tremendous amount of time dedicated to self-discovery, and so I asked myself, "Donna, when have you ever dedicated five full days in your life to work on yourself, uninterrupted or otherwise?" The answer was... "NEVER."

My Basic teammates and I talked it over (by the way, by the end of Basic weekend my relationship with the people I had just met on Thursday was closer than with many of the people I have known for years). Most of us decided that we were moving on to Advanced. After all, if we learned all this information in one weekend, think of the possibilities we would be creating after five days of Advanced. I had to go forward, since I knew that I was only at the tip of the iceberg at this point.

I decided to take the Advanced workshop in July while my children were at summer camp, leaving me free to come and go with a clear head. I arranged to take three days off from work and promised my partner that he will benefit from

my absence. I guaranteed that I was going to come back to the office more effective and on fire. My husband had already seen the changes in my behavior, so he was very supportive of me going on to Advanced.

I wasn't exactly sure what to expect, but I knew that once again it was going to be an experience filled with many "first time" activities. The first day was pretty intense, as we were led by one incredibly energetic trainer and a team of coaches. Our trainer gave us a general explanation of what we were going to experience during the five days. It was going to take work, honesty, and dedication to be able to break the habits of our past and design the future we envision for ourselves. Each of us shared a bit about ourselves and why we chose to be there. By the end of the introductions, we were all more relaxed and the bonding began.

I really cannot fill you in on the specifics of each day because the course is mostly experiential; it is most valuable when you are participating in the moment without any preconceived ideas. Your most authentic experience

will happen spontaneously. Each activity had such deep purpose and offered a reason to reflect on how I was interpreting my own life and how others were interpreting my life through the way I was showing up. Exercises were done in small groups, one large group, or individually, and by the end of day two the relationships in that room were incredibly honest and supportive.

The Advanced focuses on leadership, teamwork, and integrity, and finding the way to shift from some of the ways that were not working to ways that lead to success in every area of our lives. We all complain about how busy we are and that it is so hard to accomplish the things we want to do each day. We use lack of time for lack of accomplishment, but what it really is for most of us is fear; fear of failure, fear of rejection, fear of success, fear of expectations or fear of how we are perceived. In the Advanced workshop we work through our fears and learn how to break through so that we can create our visions. Think about it...What's the worst thing that can happen if we go after our passions with urgency and purpose?

During one of our discussions, our trainer stood in front of us and began naming all of the incredible people throughout history who have made an impact on our world and reminded us that they had the same 24 hours in a day that we have – John F. Kennedy, Martin Luther King, Jr., Ghandi, Nelson Mandela, Benjamin Franklin, and the list goes on. These are leaders who made a difference in the lives of others and worked tirelessly with the same 24 hours in a day that we all have. From that day forward I can never use the excuse that I do not have enough time to accomplish something. Wow – these people had families, jobs, and other obligations, and most were even told that their vision for the world would never happen, but yet they never gave up on their dreams and because they declared it to happen, it happened. Just think how different things would have been if Nelson Mandela did not fulfill his vision of equality for all and to end apartheid. Jailed for 27 years, his popularity increased and was able to gain support leading to democracy and the end of apartheid in South Africa. After his release he plunged whole-heartedly into his life work and soon after became the first black president. His story is most inspiring.

We are not only responsible for ourselves but for our families, friends, our community, and the world around us. We all recognized this in one of the most powerful exercises that we did on the second night of the curriculum. I can't tell you what that exercise was, but trust me – we were all having major breakthroughs throughout this experience and this was one of the nights that will stay in my mind forever. Each activity brings a sense of clarity to what we say matters in our life, what behaviors are inconsistent with what we say matters, and how to transform that into actions that allow us to achieve what matters

most to us.

Working with a buddy that we chose really taught me that we all need each other and how important it is to have someone to lean on, someone who will stand by me and scoop me up when I am falling, and vice versa. Almost one year has gone by, and I still speak to my buddy almost every week even though she resides in Georgia. We love each other, and share all the milestones as well as the not-so-great days. We have a relationship that I do not have with anyone else in my life. The intensity and vulnerability that we had witnessed and experienced during those five days brings a large group of strangers together in a way like no other, and now we are connected forever whether we see each other or not.

By Saturday we were all recognizing transformation in each other. We knew that we would not walk out the doors of Synergy the same way that walked in on Wednesday. Synergy never fails to disappoint and always promised that the next day would be MUCH BIGGER than the last. Saturday is a MUCH BIGGER DAY, and once again we found ourselves stretching beyond what our ego would normally allow us to do. Sorry, can't tell you what it was, but I will say that it was my favorite day. To stretch beyond my comfort level and create something with two other teammates was extremely empowering and so much fun. We still talk and giggle about it today.

At the conclusion of our five days we reflected on the many things we learned about ourselves; how every part of our past had a part in who we are today, and that old dysfunctional habits can finally be changed because we said so. I feel like this journey was like taking a long-lens microscope and digging it way down deep into my soul. This allowed me to see my life in the raw – the good, the bad, the past, the present, and everything in between and accepting and making peace with it, then throwing it away to begin a new life filled with joy, empowerment, connection, and peace. I know the old “me” pops up more than I would like to admit, but I now immediately recognize those ways of being and shift to make it work for me.

Each time my coach would suggest another way I may want to handle a situation, he would use the expression “Try it on.” I love that. So all we have to do is try a new way of being and see if it works, and if it does, great, and if not, we find another way. But we never give up.

Please look for the final installment of this three-part series of Transformation in the August issue. Here you will read about how I have placed all that I have learned during the Basic and Advanced workshops and are now using it in my daily life. Now I get to live what I have learned and I am never turning back from the success I am creating in all areas of my life. **IMAGE**