



*FREE*  
*Finally Releasing*  
*Everyone's*  
*Expectations*

*Maryland Rehabilitation Conference*

*May 17<sup>th</sup>, 2024*

*Mark V. Smith*

Who is Mark V. Smith?

Son, Husband, Father of 5 and Grandfather of 7  
Author of “The Process”  
Radio Podcast Personality  
TEDx Speaker “GROWTH”  
Workforce Development Trainer  
Award Winning STRIVE Trainer  
Manager, Career Services Employ Prince  
George’s, MD.



# What should you expect today?

- Self Reflection
- To Laugh
- Get to know something about someone in this room
- See what is in your Mirror
- Be able to go back to your respective organization and help people release at least one thing that is holding them down.
- Leave your clients BETTER and never BITTER.





# TIGER REAKER





# *Webster's Definition of FREE*

"the absence of necessity, coercion, or constraint in choice or action. b. : liberation from slavery or restraint or from the power of another : independence. c. : the quality or state of being exempt or released usually from something onerous."



*Gerald Johnson*

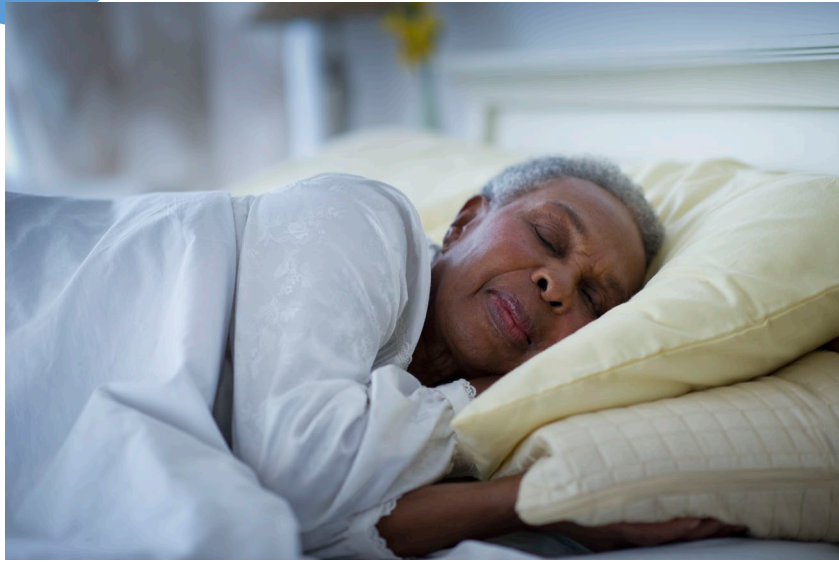
"





## Gerald Johnson

- Worked for a fortune 500 Company
- Had been with same organization for 15 years
- Married with 5 children: ages 11- 28
- Won employee of the year for the last 9 years consecutive
- Known by many as the “guru” in multiple areas of workforce development and training.
- Had no desire to grow



*Comfort*



*Growth*



***Comfort is the CASUALTY of GROWTH***





# Finally

FIRED!





# Finally.....

Read the Barriers of the job seeker and share the opportunity of FINALLY that is available for them to embrace in their current situation? You have 5 minutes

Group assignment (F)





Read the Barriers of the job seeker and share what opportunity **FINALLY** embrace their current situation? You have 5 minutes





Gerald's phone call:

A- Had never lost a job in his life.

B- Was worried about his financial future

C- Had not worked on his resume in 10 years

D- Was the only one in his home that was working.

E- Unsure of his future plan.

F- Felt worthless and less than as husband and father.

G- Sleeping excessively due to his depression.



# F: Finally

# R: Releasing

## *Webster's Definition of Releasing*

to set free from restraint, confinement, or servitude

*release* hostages

*release* pent-up emotions

*release* the brakes

*also* : to let go : **DISMISS** *released* from her job

: to relieve from something that confines, burdens, or oppresses  
was *released* from her promise

: to give up in favor of another : **RELINQUISH** *release* a claim to property



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# Releasing



It's time to  
let go...  
(it will be ok)

# Releasing.....

Read the Barriers of the job seeker and share the opportunity of RELEASING that is available for them to embrace in their current situation? You have 5 minutes

Group assignment (R)





*Gerald Johnson*







*Finally  
Releasing  
Everyone's ....*

*Everyone's*

*Define Everyone?!*



To lead an orchestra, you must turn your back on the crowd...

Why does Everyone matter?



Everyone.....

Group assignment (E)

Read the Barriers of the job seeker and share what opportunity of they have to disregard EVERYONE their current situation? You have 5 minutes





*Gerald Johnson*





# Finally Releasing Everyone's Expectations

Expectations..



# Expectations.....

Group assignment (E)

Read the Barriers of the job seeker and tie all four (Finally Releasing Everyone's Expectations) together.





*Where is Gerald  
today!.*



## Gerald Johnson

*Still happily married*  
*Started his own consulting company*  
*Travels with his Grandchildren*  
*Shares his personal experiences of being fired.*  
*Works with 125 professional athletes on simple premise.*  
*Change is hard at first, messy in the middle, but rewarding at the end to*  
*Finally Release Everyone's Expectations!!!! (FREE)*





# Closing Remarks



May 17th, 2024





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*Your Why is  
GREATER  
Then Your  
Situation, Which is  
Part of  
YOUR  
PROCESS!-MVS*

