

SLIDE 1:

FREE: Finally Releasing Everyone's Expectations

Maryland Rehabilitation Conference

May 17th, 2024

Mark V. Smith

SLIDE 2:

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.

SLIDE 3:

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.

SLIDE 4:

ICE BREAKER

SLIDE 5:

Webster's Definition of FREE

- a. 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.

SLIDE 6:

Gerald Johnson

SLIDE 7:

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.

SLIDE 8:

Comfort is the CASUALTY of GROWTH

SLIDE 9:

Finally

A man sitting on the ground with a box of boxes, his head in his hands. FIRED!

SLIDE 10:

Group assignment (F)

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.

SLIDE 11:

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

SLIDE 12:

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.

SLIDE 13:

F: Finally R: Releasing

Webster's Definition of Releasing

- a. to set free from restraint, confinement, or servitude
- b. to let go
- c. to relieve from something that confines, burdens, or oppresses
- d. to give up in favor of another

SLIDE 14:

Releasing

A person sitting at a desk covering his face with his hands.

A hand with writing on it: It's time to let go... it will be ok.

SLIDE 15:
Group assignment (R)

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.

SLIDE 16:
Gerald Johnson

SLIDE 17:
Everyone's Finally Releasing

Everyone's....
Define Everyone?!

SLIDE 18:
To lead an orchestra, you must turn your back on the crowd...

Why does Everyone matter?

A person in a white suit and bow tie conducts an orchestra in front of a crowd of people

SLIDE 19:
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.

SLIDE 20:
Gerald Johnson

SLIDE 21: **Finally Releasing Everyone's Expectations**

Expectations..

SLIDE 22: **Group assignment (E)**

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

SLIDE 23: **Where is Gerald today!**

Elderly man smiling and looking sideway by lake

SLIDE 24: **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)

Elderly man smiling and looking sideway by lake

SLIDE 25: **Closing Remarks**

May 17th, 2024

SLIDE 26:

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

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