

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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