

#### **WELCOME TO:**

# LIFEMAPPING® 101: MOVING CLIENTS TOWARDS GOD'S BEST

JOHN TRENT, PH.D. KARI TRENT STAGEBERG, MBA



# So Who Are We?

JOHN TRENT, PH.D.

- Husband, Dad, Grandfather
- Avid TCU Fan "Go Frogs!"
- Author, Speaker, Coach











### So Who Are We?

KARI TRENT STAGEBERG, MBA

- Wife, Mom
- "Popcorn is a real meal" believer
- Author, Speaker, Coach



# TO HELP PEOPLE DISCOVER, "WHERE DO I GO FROM HERE?"

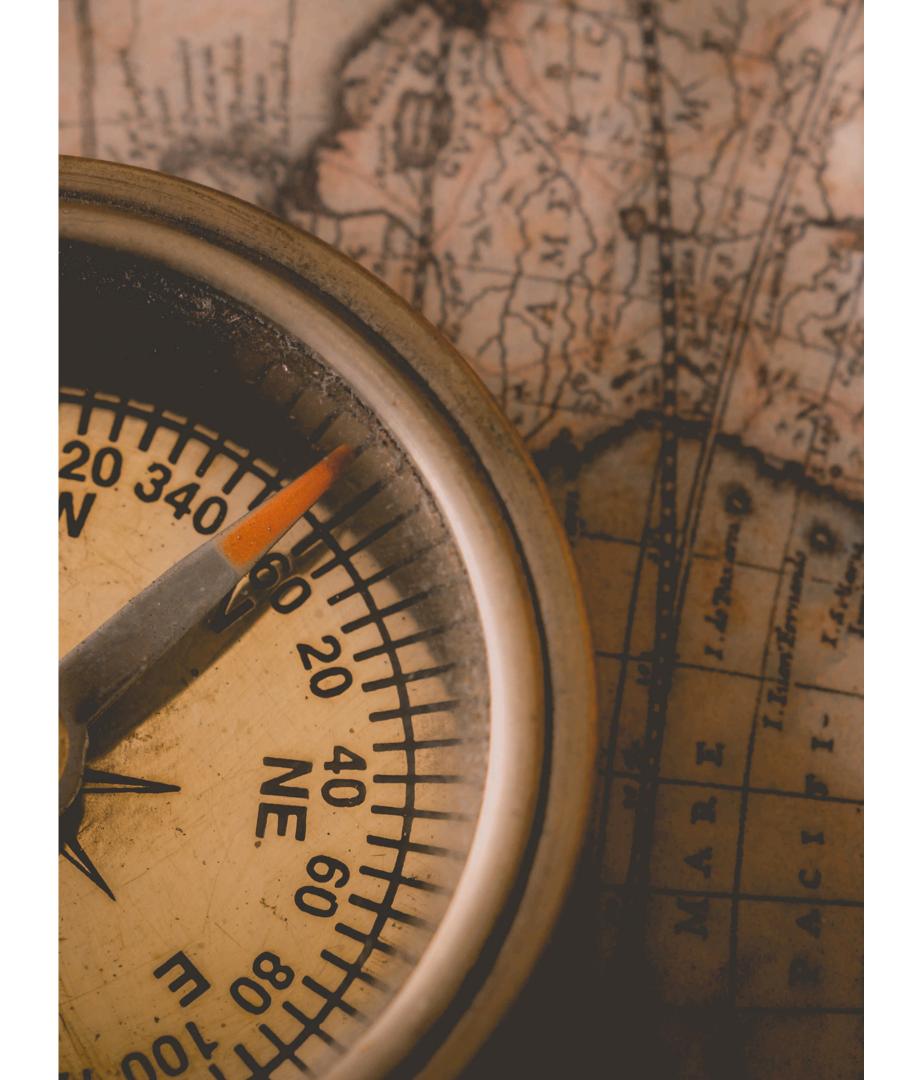
## We Use LifeMapping®!

So many people today are in transition...

Or have experienced huge losses...

Or are dealing with fear of the future...

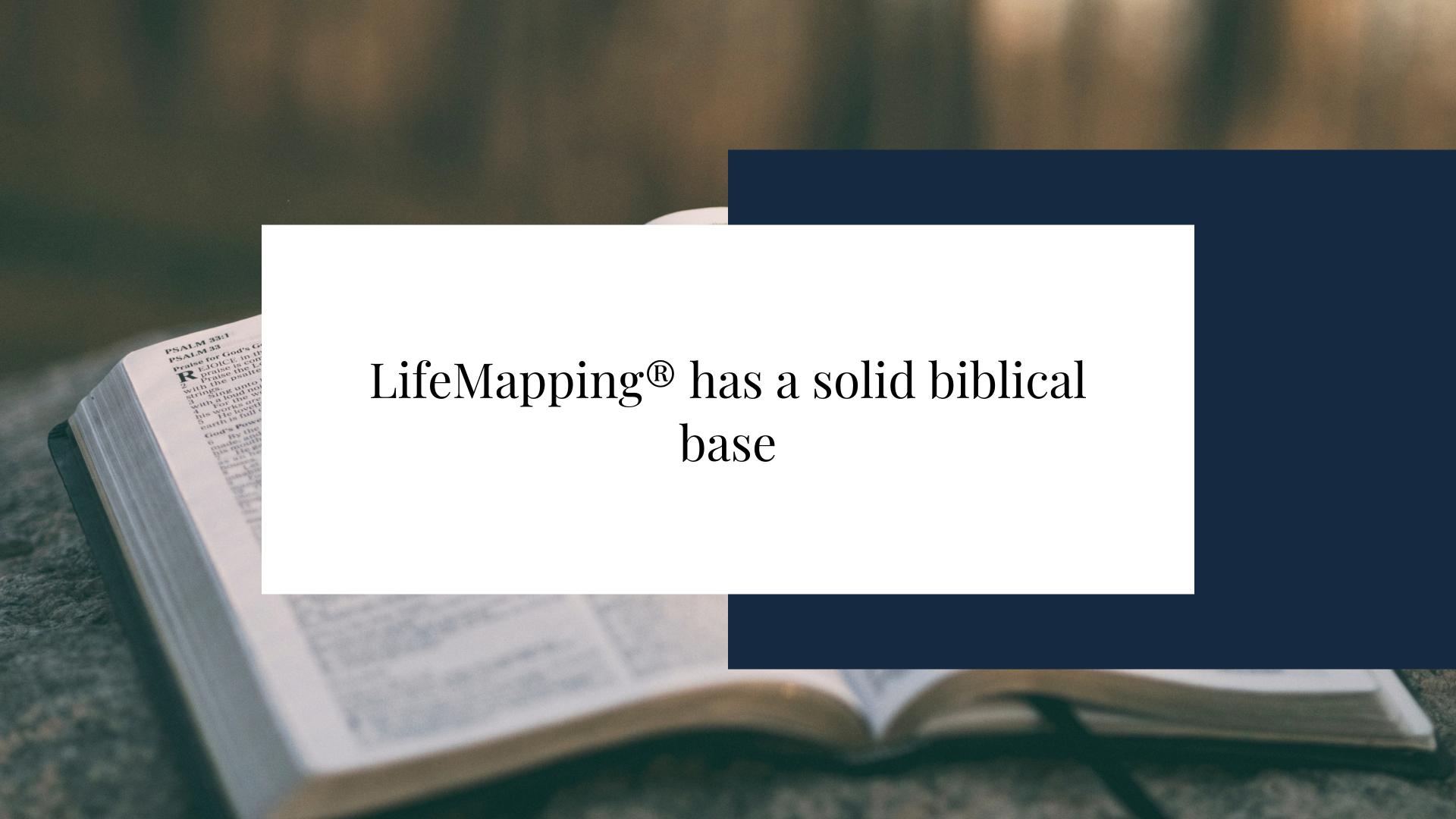
There's never been a better time to use LifeMapping®!!!



What in the World is LifeMapping®?

What in the World is LifeMapping®?

LIFEMAPPING® IS A BIBLICALLY BASED, FUTURE-ORIENTED, CLINICALLY POWERFUL TOOL FOR HELPING PEOPLE CAPTURE, DISPLAY AND REFRAME THE PICTURES OF THEIR LIFE-STORY.











#### Revelation 2

#### Remember



Remember where you've fallen from.

You don't fall from the lowest place...

#### Revelation 2

Remember



Remember where you've fallen from.

You don't fall from the lowest place...

Repent



To turn around

#### Revelation 2

Remember



Remember where you've fallen from.

You don't fall from the lowest place...

Repent

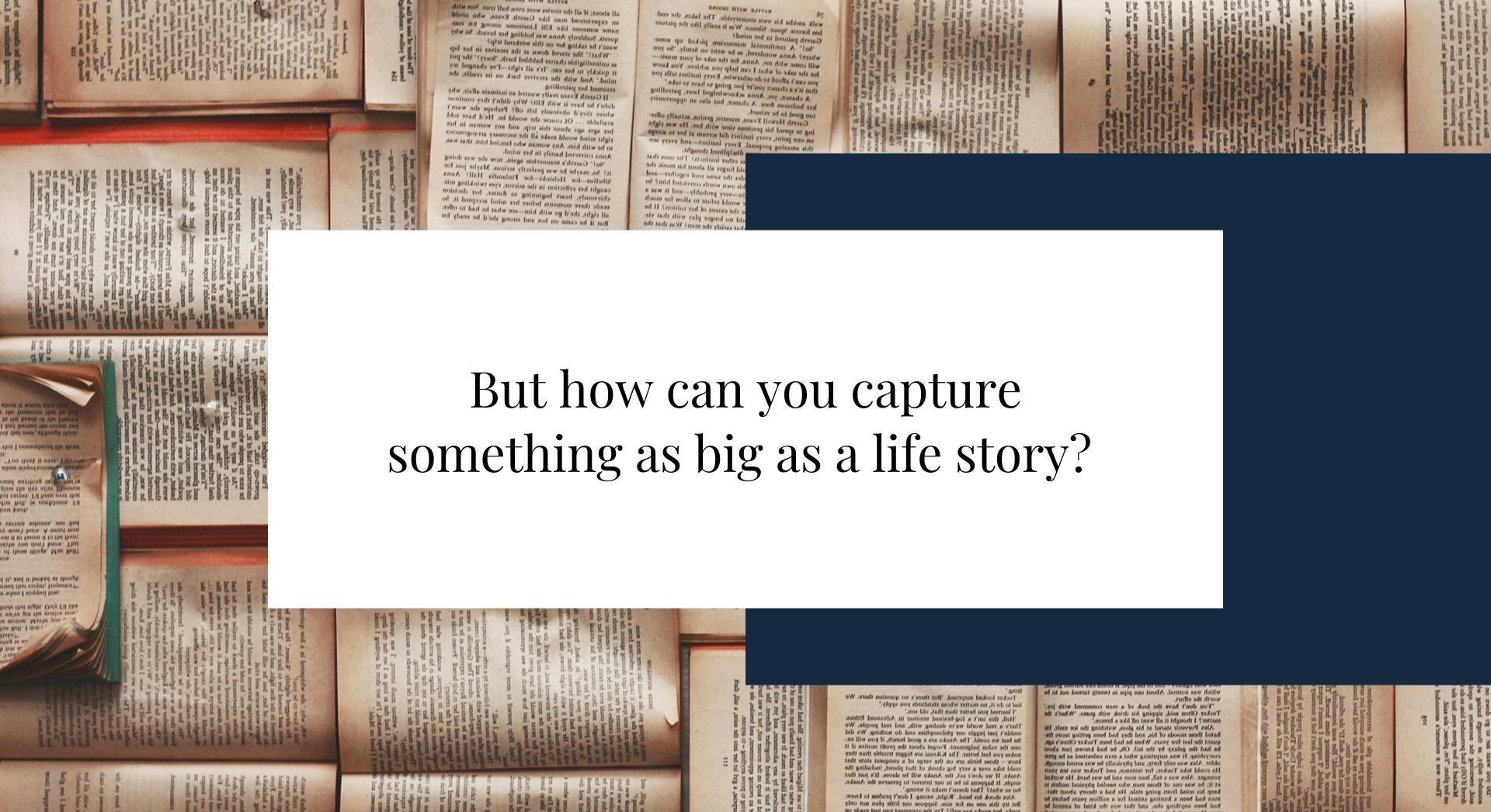


To turn around

Do The Deeds You Did at First



Get back on track

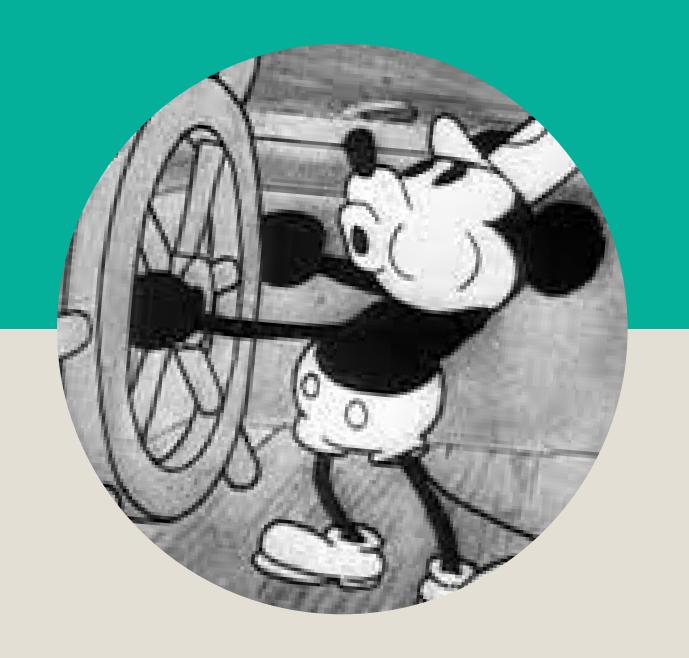


But try this one on for size. Suppose our little plan not only works, but works too well? Try the argument you just made on

'Come on, Tuck. Dredge up a smattering of history, or reflect

was He wasn't designed to sit at a desk and push paper, not all the time. He needed a release, and the release came from the body rather than the brain. There was some gray in his bair,

but his brown eyes were clear and sharp. Alex had a jaw on



The year was 1927 and Walt Disney was working with a team of six other animators to create...

Steamboat Willy!

# THAT'S WHEN DISNEY REMEMBERED DAVINCI AND CREATED

StoryBoarding!

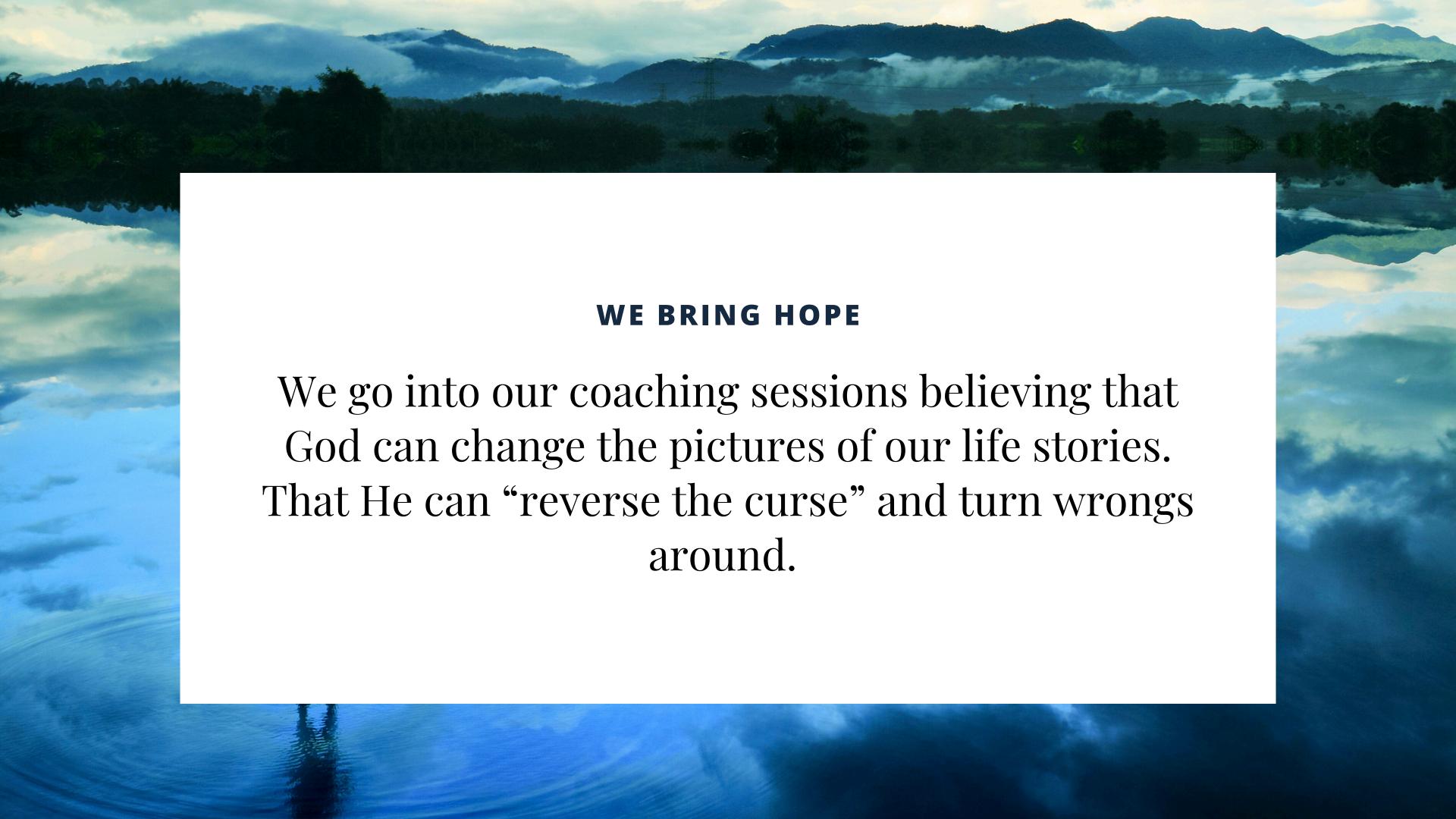
(Which we learned 45 years ago and is a part of the LifeMapping Course through ICCI if you decide to take it.)

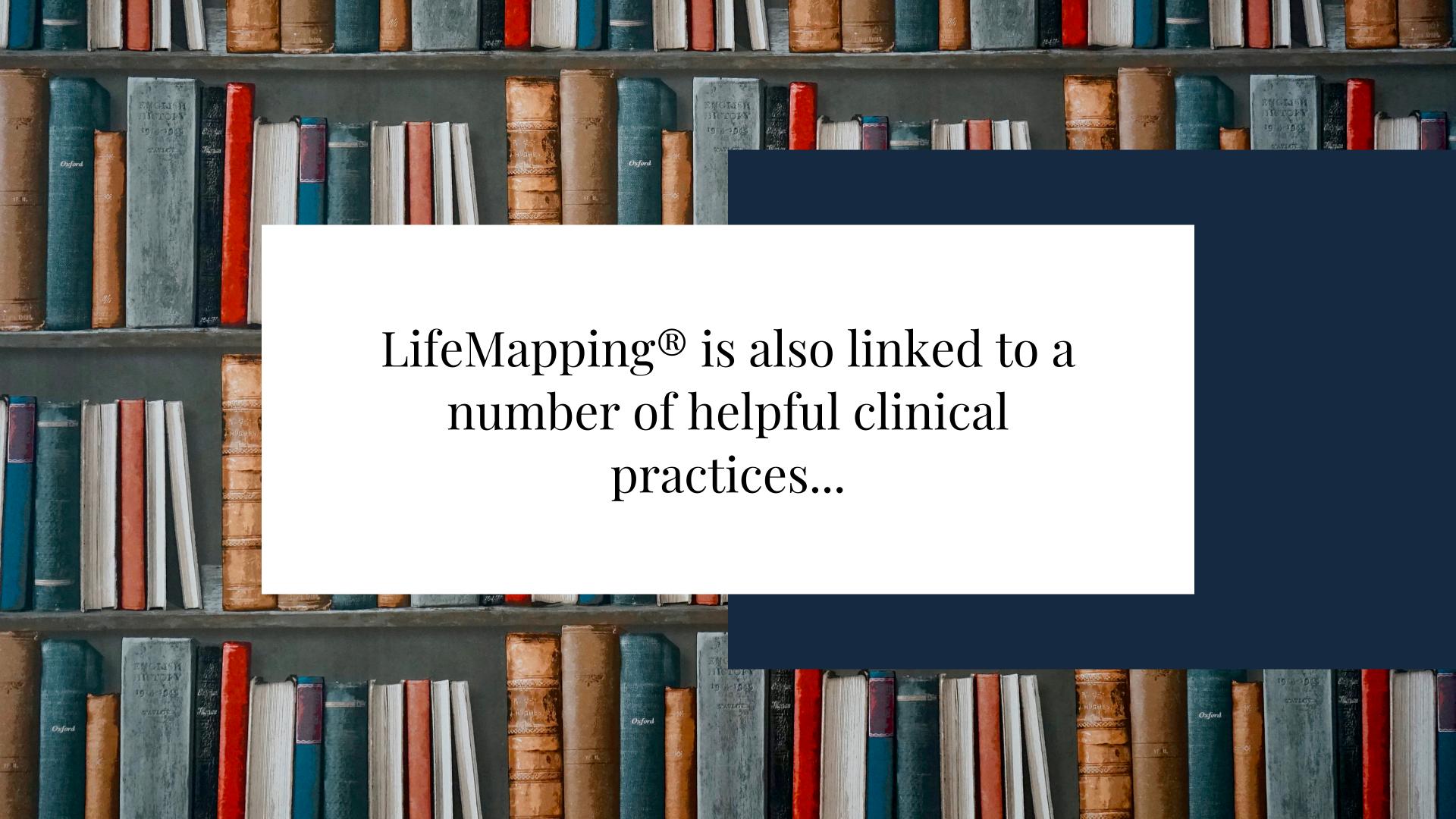


# Design a unique restaurant

PÚRPOSE	FUNDING	LOCATION	THEME	MGMT. & EMPLOYEES	HOURS	DECOR	WAITSTAFF
Make \$	Bank loan Savings Partnership North side of town	Downtown	Christmas season	Manager	Lunch	Christmas lights  Ornaments  Christmas cards as menus  Holiday music	Ghost of Christmas past
Fulfill a need in		freeway North side		Asst. Manager	Dinner		
town Fulfill a				Kitchen Manager	Special events Catering on weekends Takeout		Christmas present
Provide for retirement				Cooks			Christmas yet to be
				Waitstaff			Tiny Tim
				Food prep people		Dickens' village	Ebeneezer Scrooge
			Bussers		Christmas goose	Bob Crachet	
				Hostess		Fireplace	Party
					Chains	goers from 1800's	
						Ghosts	

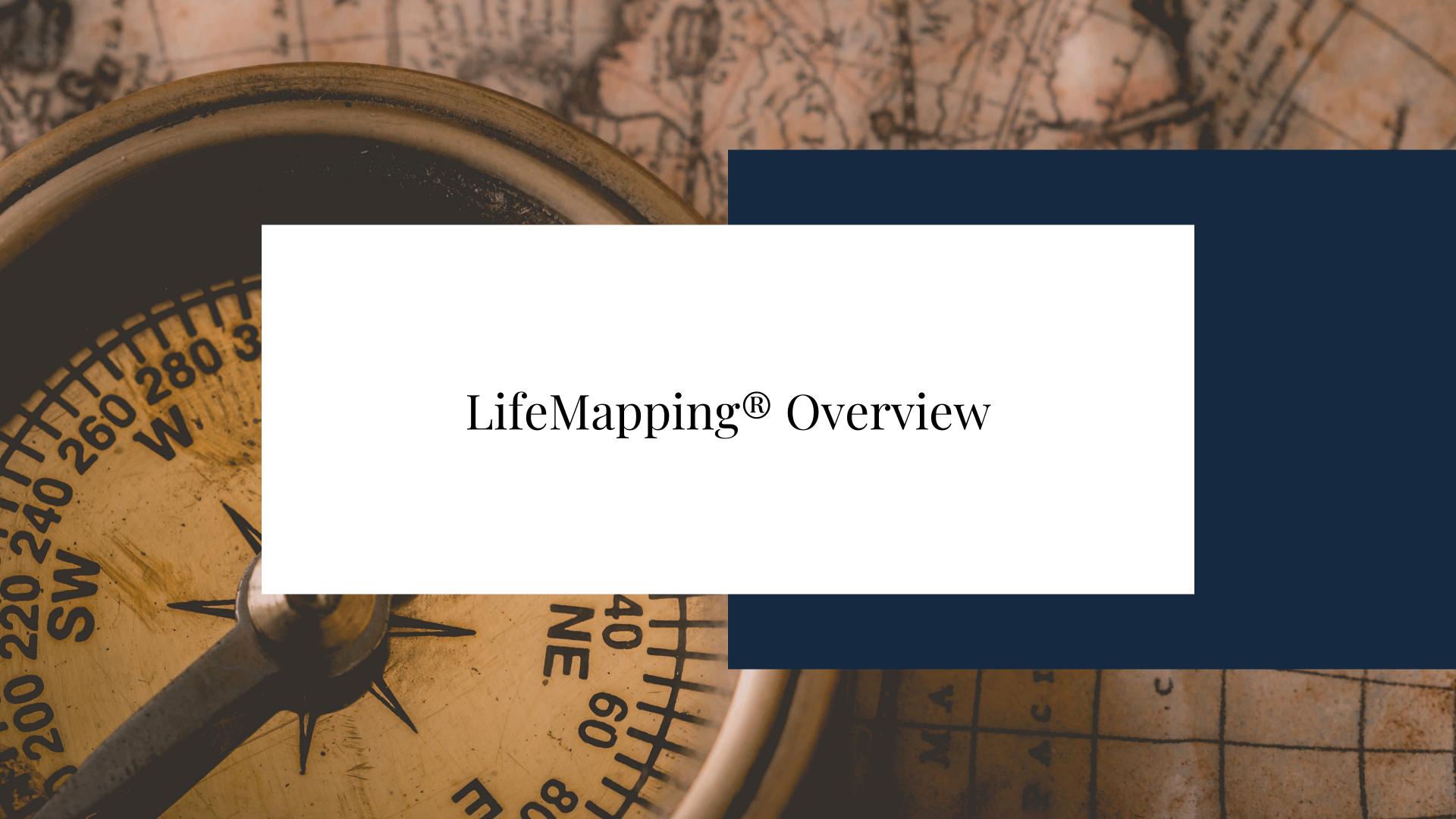
THE LIFEMA	P OF:		PURPOSE	•				
	STEPPING BACK				TO THE FUTURE			
STRENGTHS, SUCCESSES, ACCEPTANCE LEVELS	EMOTIONAL FREEZE POINTS	EMOTIONAL FLASH POINTS	UNTIED TRANSITIONS	IMAGE MANAGEMENT VS AUTHENTIC LIVING	GAINING A CLEAR LIFE PLAN	LEARNED HOPEFULNESS	MEMORIAL MARKERS	





#### Clinical Links:

- Gestalt Theory
- Bowenian Theory
- EFT (Emotionally Focused Therapy)
- Positive and Reality Therapy
- Cognitive Behavioral Therapy



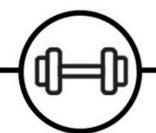
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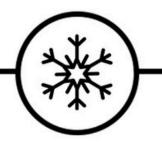
#### STEPPING BACK

Remember from where you've fallen....

STRENGTHS, SUCCESSES, ACCEPTANCE LEVELS

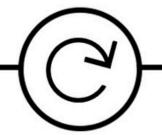


EMOTIONAL FREEZE POINTS



EMOTIONAL FLASH POINTS

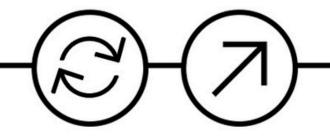
# UNTIED TRANSITIONS



# THE

Repent (turn around)...

IMAGE
MANAGEMENT
VS AUTHENTIC
LIVING



#### ...TO THE FUTURE

Do The Deeds You Did at First...

GAINING A
CLEAR LIFE
PLAN

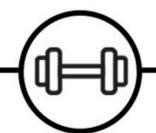








STRENGTHS, SUCCESSES, ACCEPTANCE LEVELS



# STRENGTHS, SUCCESSES,

ACCEPTANCE LEVELS



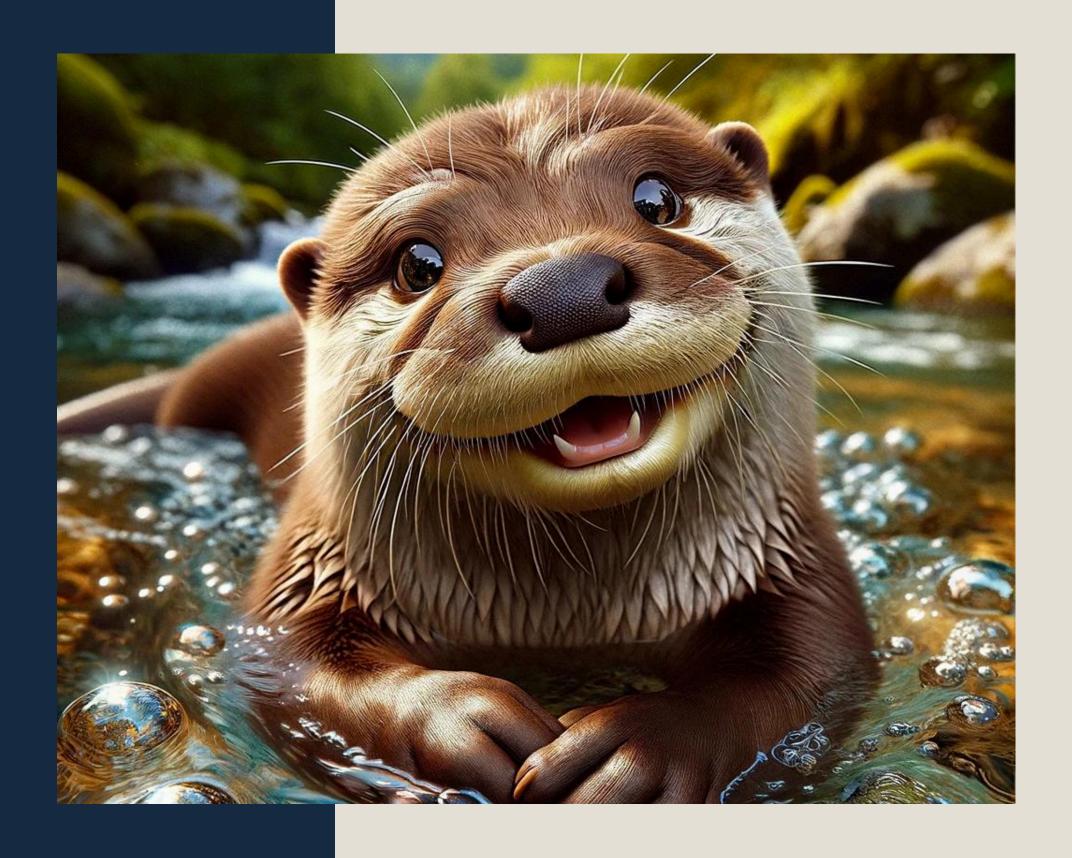


"But now God has placed the members, each one of them, in the body just as he desired..."

1 COR. 12



# LION



# OTTER

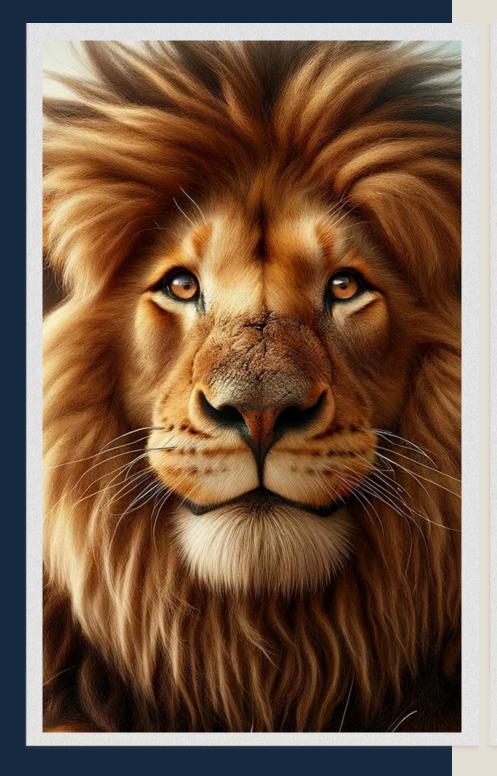




# GOLDEN RETRIEVER



# BEAVER













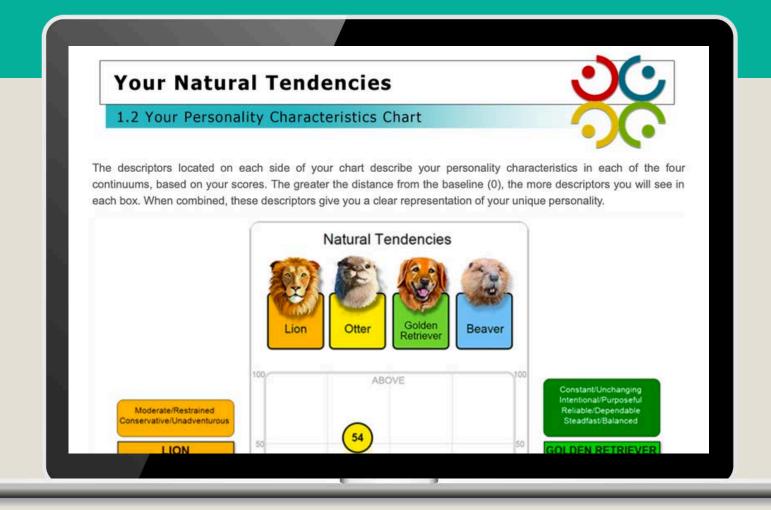
#### **WE RECCOMEND**

That you use an assessment with hurting people...

What's the problem with someone in pain, depression, or transition listing out their strengths?

#### A POWERFUL RESOURCE

## The Connect Assessment





# Why use an Assessment?

IT ALLOWS YOU TO "FRONTLOAD" AND STACK 20-40 STREGTHS - THAT THEY HAVE SELF SELECTED!

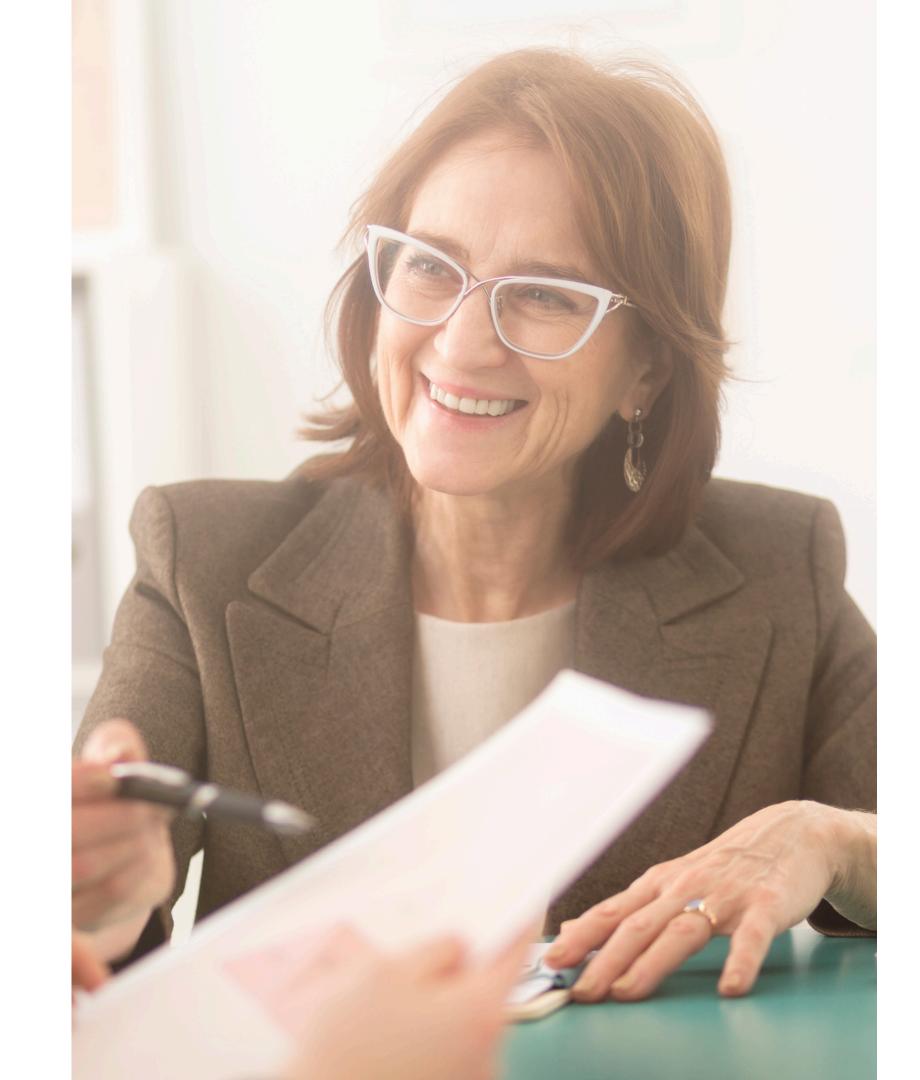


"The two most important days in your life are the day you were born and the day you find out why."

**MARK TWAIN** 

#### **COACHES CORNER**

What are some strengths YOU bring as a Coach?



STRENGTHS, SUCCESSES, ACCEPTANCE LEVELS





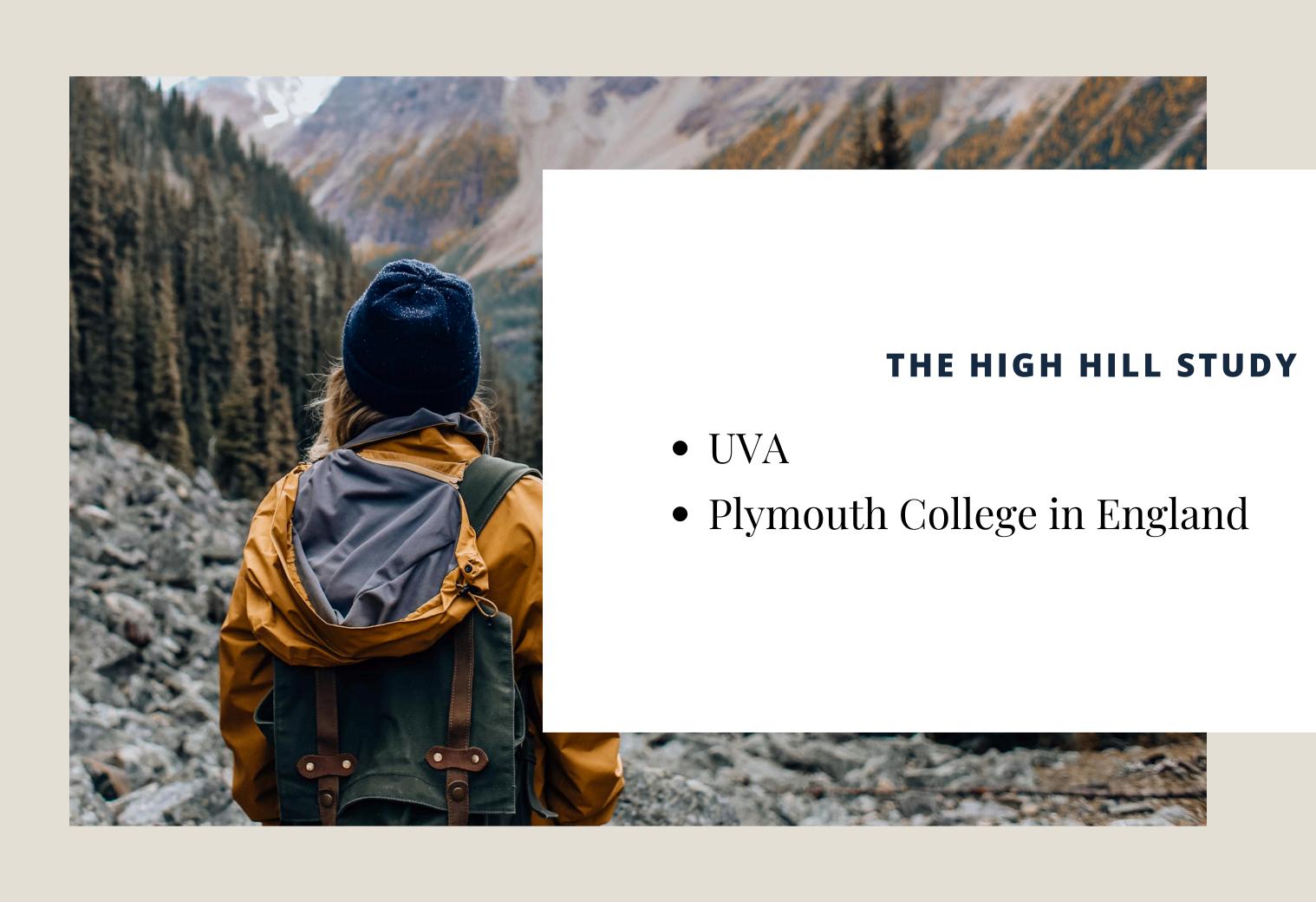
#### **USE DECADES**

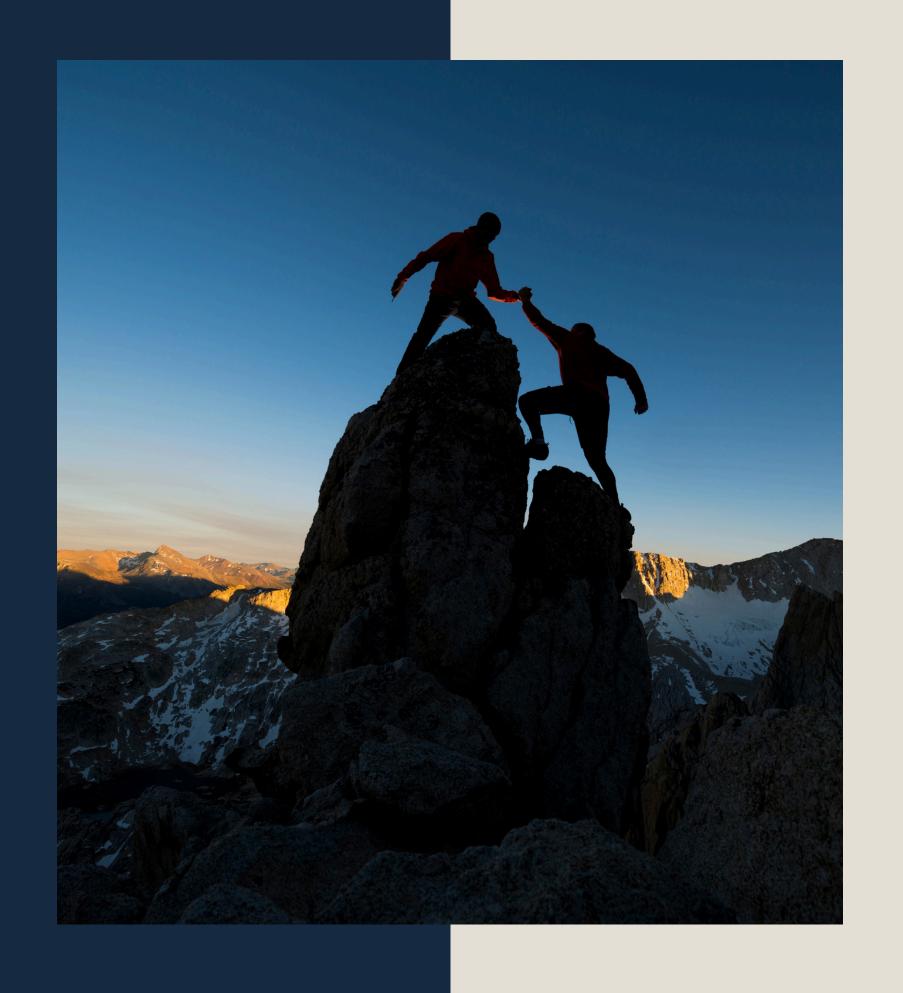
Decades can help them remember their successes – one card per key memory We're looking for "success" of all sizes.



**SUCCESSES** 







Why are these "high hill" people so crucial to try and surface in a person's Life story?





#### **USE DECADES**

One card per key High Hill person





#### **HELP THEM**

Spot a High Hill Person – past or present

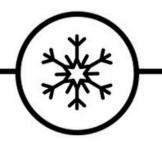
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				2					

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## STEPPING BACK

Remember from where you've fallen....

EMOTIONAL FREEZE POINTS



A SEASON of time that changes things in our lives.

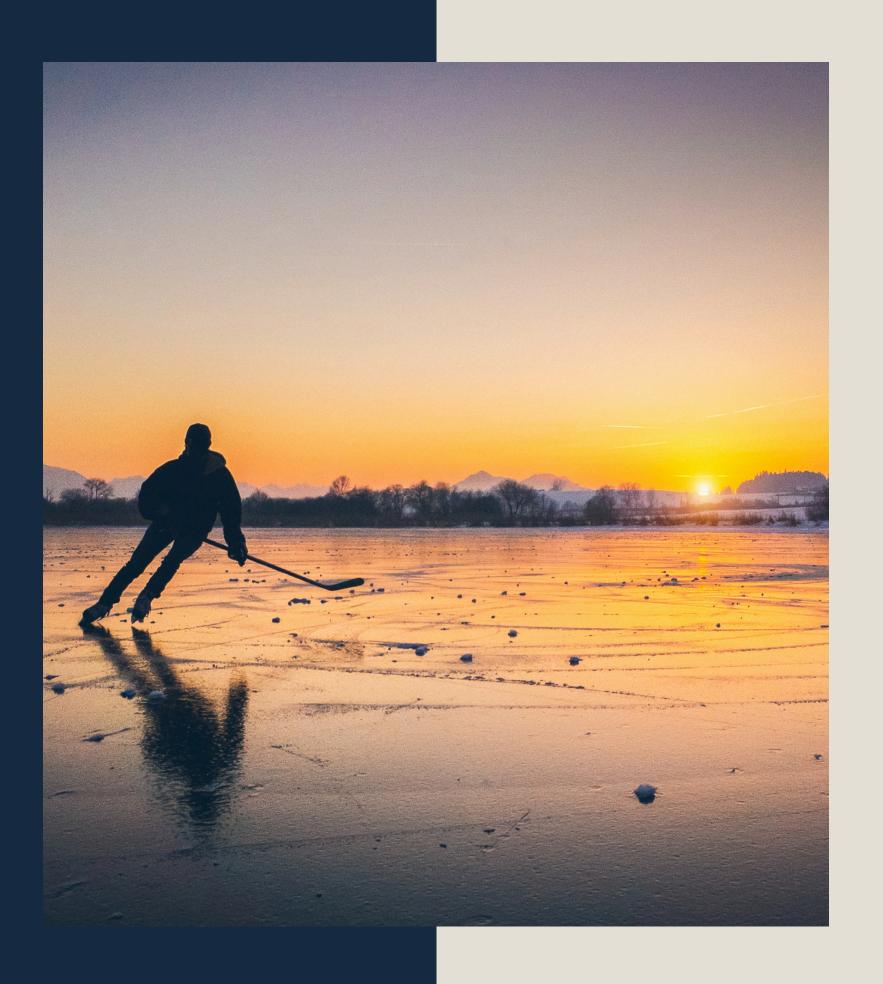


### **POSITIVE**

## NEGATIVE



Why do negative "freeze points" keep so many of us, so stuck in the past?



#### **FEAR**

# For many people, a difficult season LAYERS IN FEAR



#### **NATION OF ISRAEL**

Or people in abusive or trauma in the past, can struggle with breaking those layers of ice today



### **KARI'S STORY**

Abuse + The Cycle



### Good Questions to Ask:



Are there any behaviors that you feel came out of these freeze point seasons that God and you aren't thrilled with? i.e., Trying to self-medicate the pain of a hurtful season with alcohol or drugs.

Are there any past hurts you're still struggling with?

EMOTIONAL FLASH POINTS

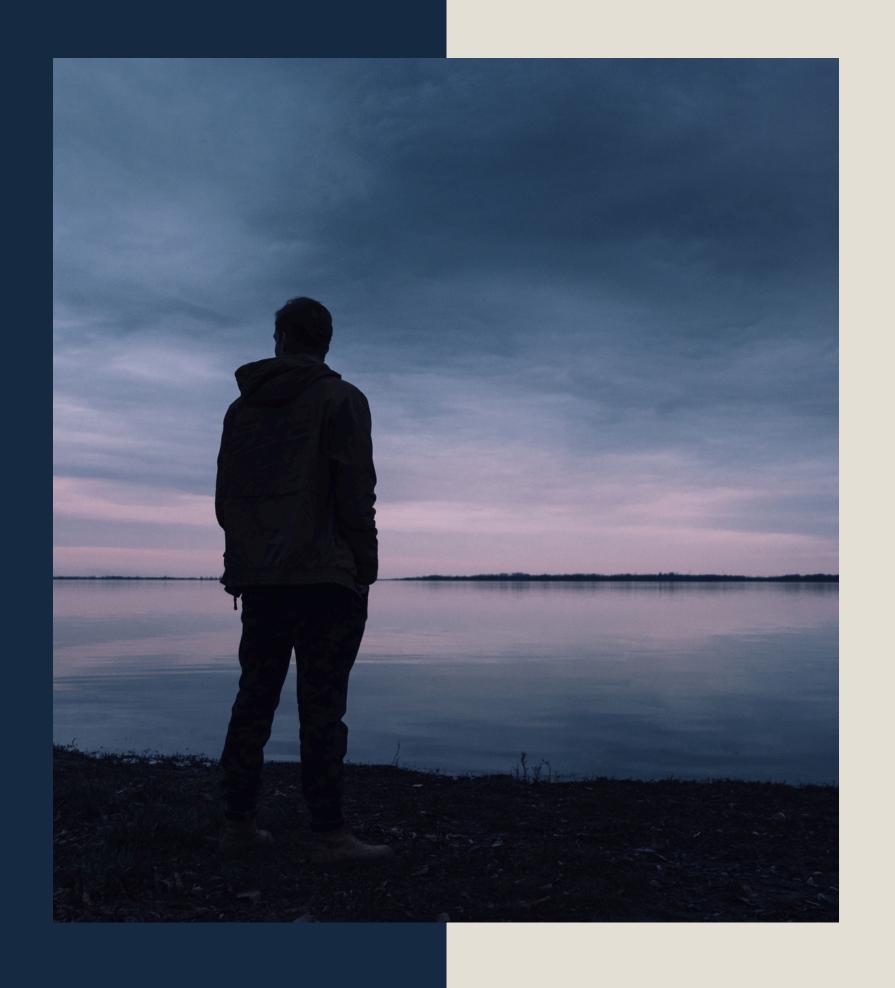


EMOTIONAL FLASH POINTS

(BB)

### AN INSTANT OF CHANGE...

A life-time of Adapting



Now we look at those "single events" that may have pushed a person's life either in a positive or negative direction.



### **NEGATIVE**



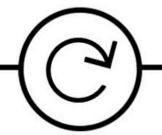


Yes, Flash Points can lead into a "freeze point" season of time.

BUT you're looking for those significant emotional events that sometime hit us like a lightning bolt.

Good or bad.

## UNTIED TRANSITIONS







#### "OPEN LOOP"

Is there something we haven't dealt with in our past that's keeping us from moving forward, or keeping us from the freedom that is found in Jesus?



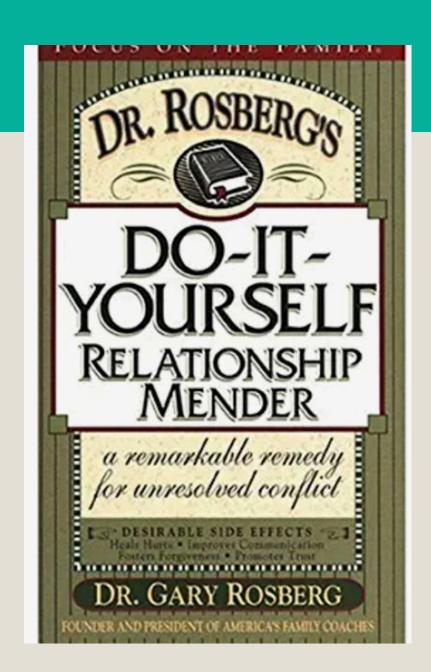
#### **CLOSING LOOPS**

### Dr. Gary Rosberg

The world's best source of helping people "close the loop" on untied transitions is ICCI's own, Dr. Gary Rosberg. Be sure and corner him some time here at the conference and ask him about how he helps people "close the loop." And don't miss Gary and Barb Rosberg's Saturday address if you can help it.

### RECCOMENDED RESOURCE

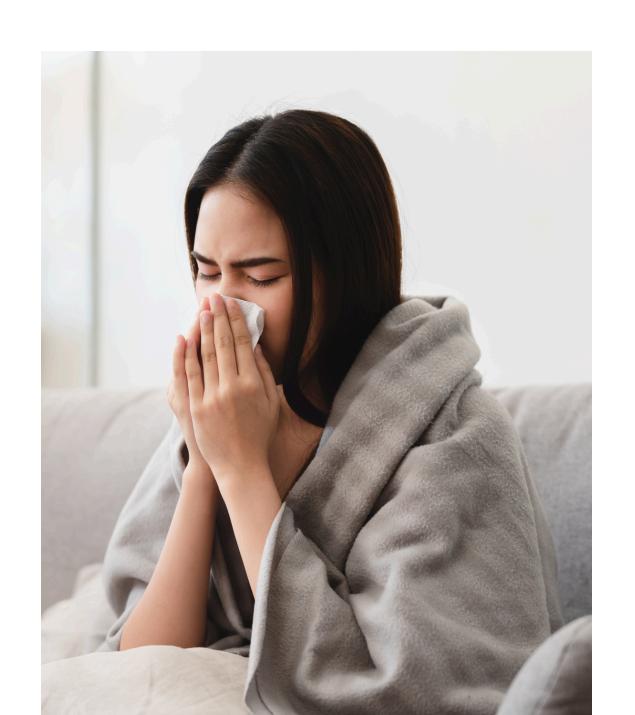
### Good book on unresolved conflight by Dr. Gary Rosberg





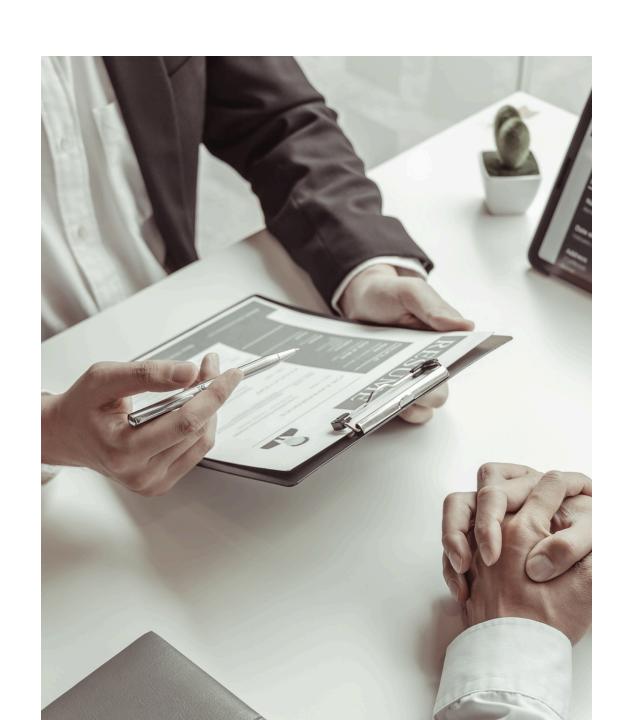
### Our Core Relationships

2

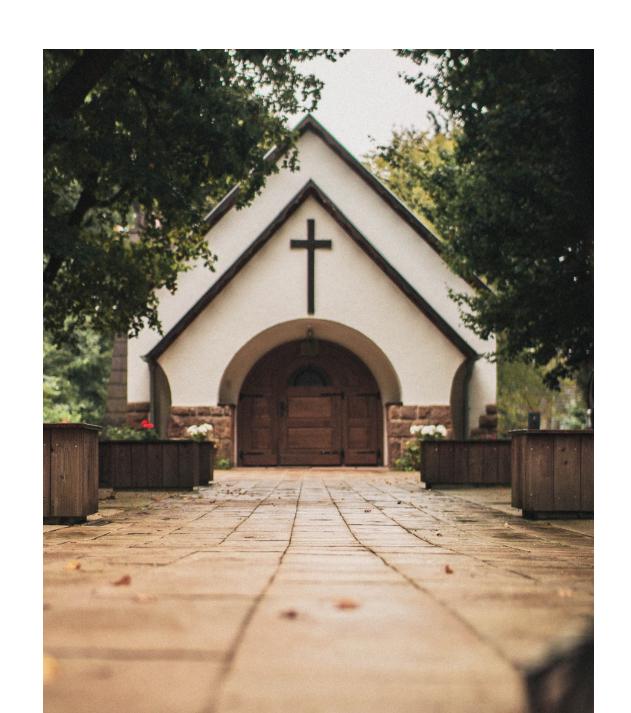


## Physical Changes

3



### Vocational Changes



## Spiritual Changes

NOW, let's move from the PAST to the PRESENT...

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# THE

Repent (turn around)...

IMAGE
MANAGEMENT
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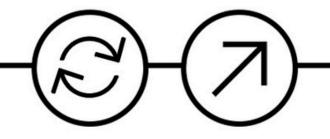
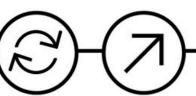




IMAGE MANAGEMENT VS AUTHENTIC LIVING



### WHAT IS IT?

Image management is when we have a public self – and a private self – but they're not the same thing.



### **SAUL'S STORY**

How was Saul living as an Image Manager instead of Authentically in The Lord?

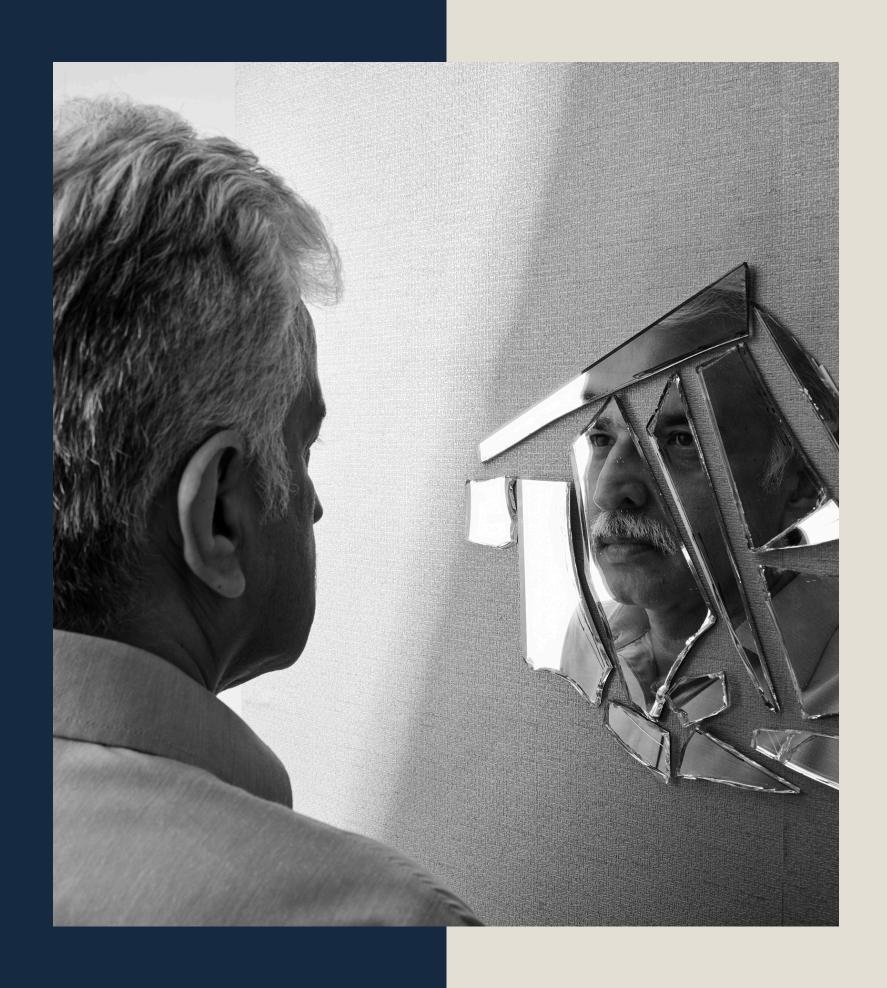




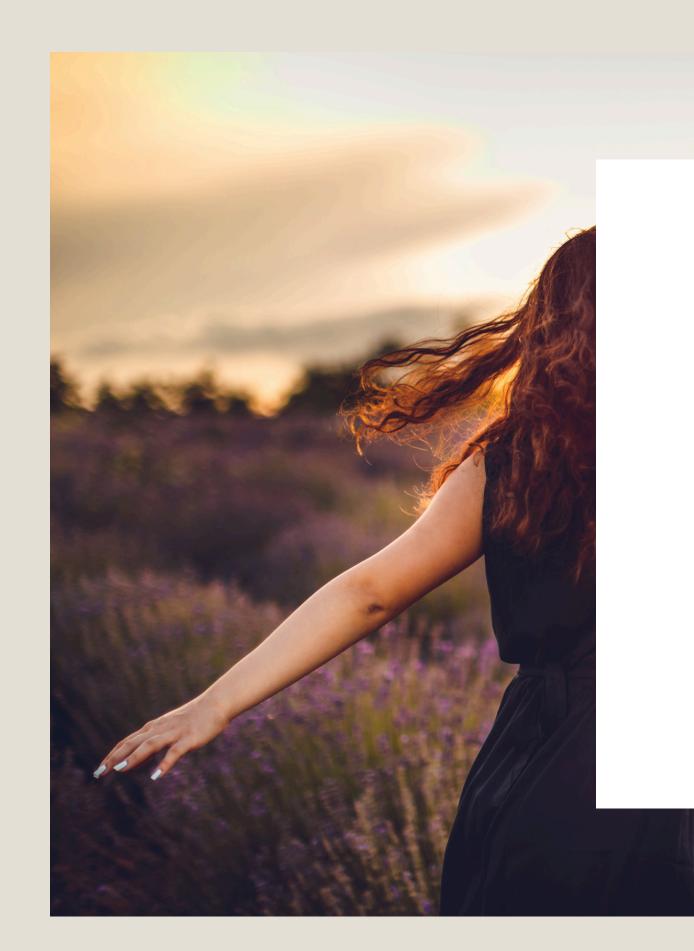
### A FRIEND'S STORY

Hiding an Image behind an verse...



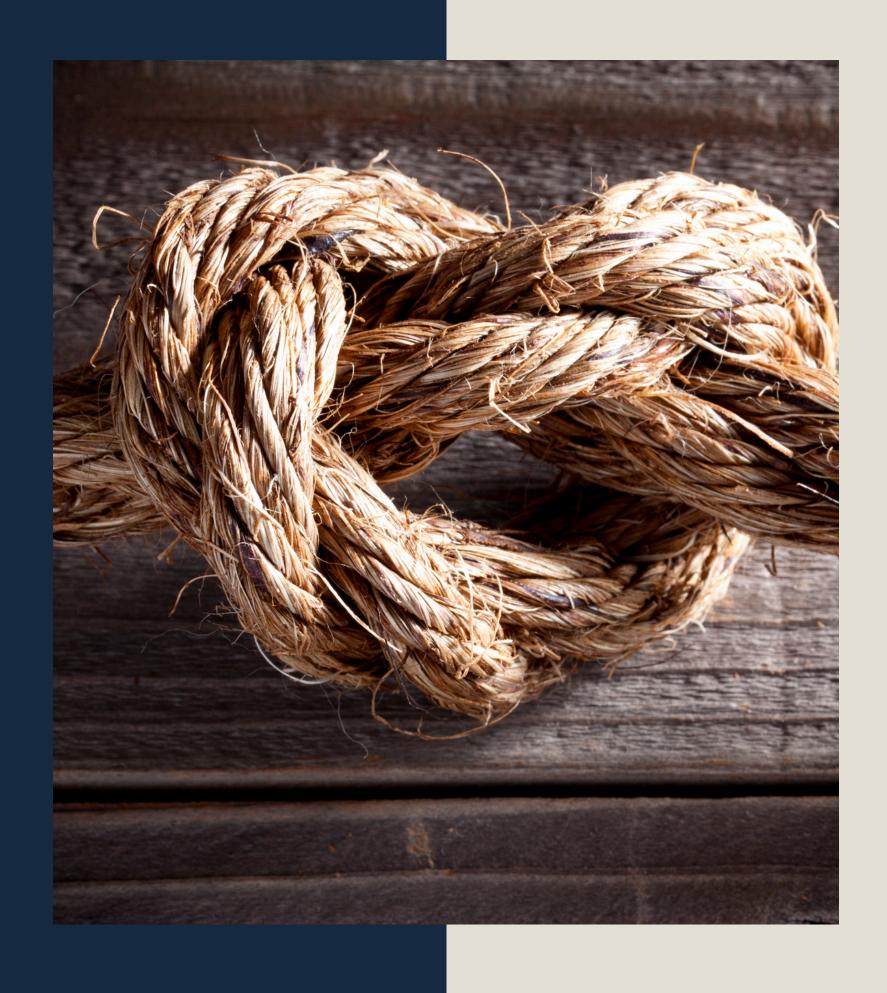


Eventually...the image is going to crack...



#### **AUTHENTIC LIVING...**

Authentic living pictures those active, positive, often difficult steps we've ALREADY taken to deal with a person, issue, or challenge to "as far as possible, be at peace with all men."



#### **FOR EXAMPLE**

Authentic living always begins with untying the knot – in forgiving others – as God has forgiven you.



WE TRY TO ASK...

Have you forgiven them?

Have you forgiven yourself?

Have you forgiven God?

Accountability is key to sustainable, authentic, and lasting change

# What have you done to work through the challenges you've captured in your Lifemap?

- Have they gone into counseling? Or worked with another coach?
- Have they talked a length with their spouse of a good friend?
- Have they taken that step to untie the knot?
- Have they read books or gone through sermons or even seminars to help a difficult situation?
- Have they been in an accountability group or have an accountability person?

Those are all positive stops they HAVE taken to deal with challenges...But what about those areas that they maybe haven't dealt with? And how do we get them moving forward - or towards their goals?

### ...TO THE FUTURE

Do The Deeds You Did at First...

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GAINING A
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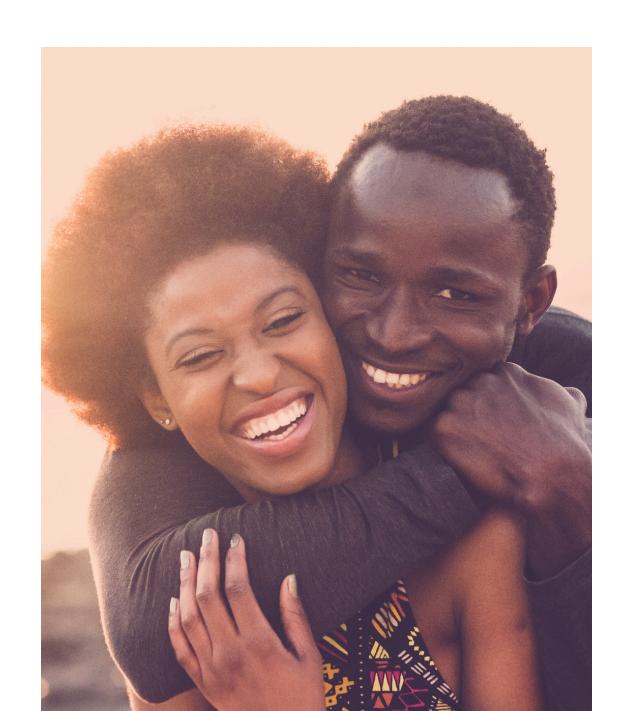




#### LIFE = MOVEMENT

You get to help them come up with a prayed-over plan to move them towards God's best, and their goals...

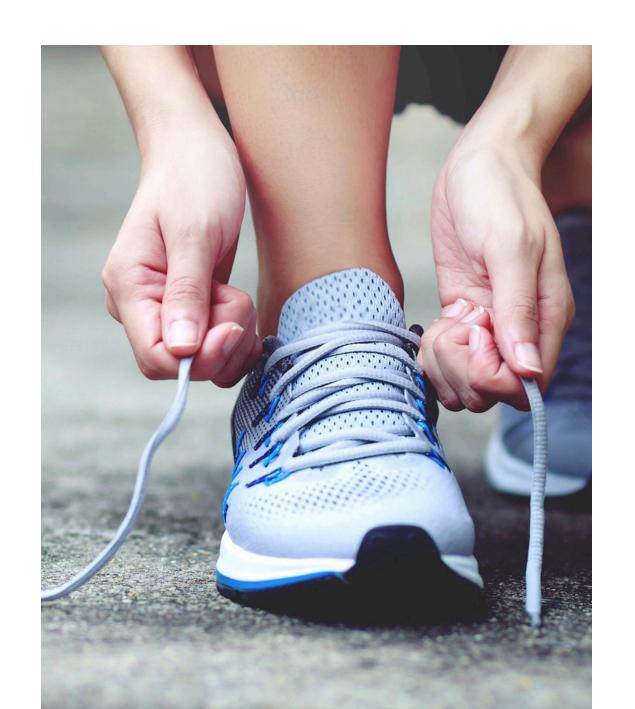
Let's look at some key areas if you are working with an individual, couple, or family...



# Their Relationships

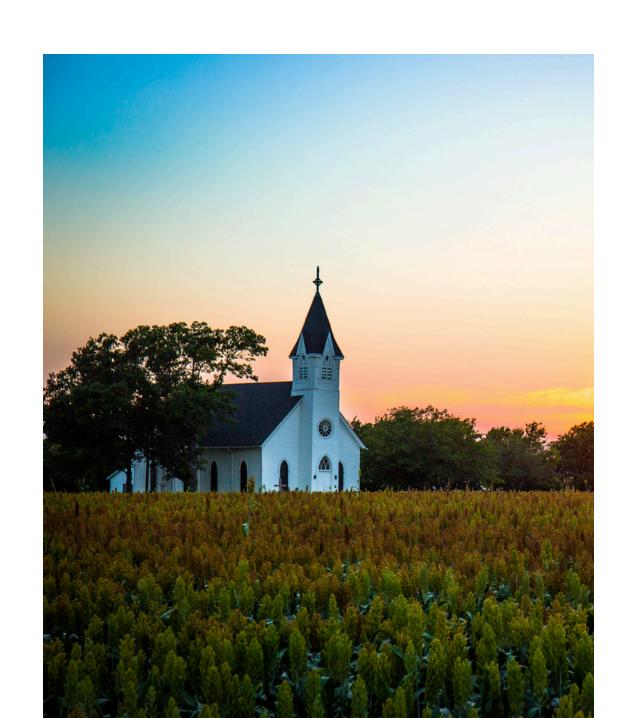


# Their Vocation



# Their Health





# Their Spiritual Life

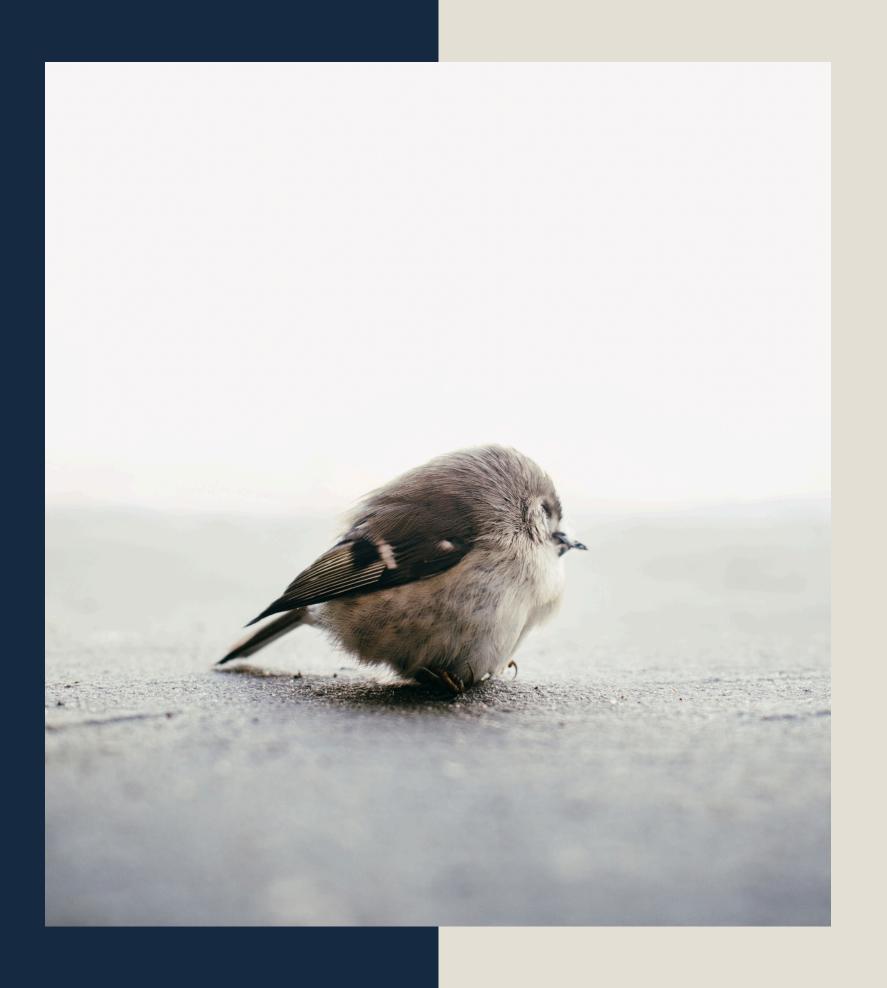
# Spiritual Life can be a BIG one today – espeically for millenials and Gen Z



#### WHAT IS A 2 DEGREE CHANGE?

Small, specific, positive things that would help them add "Life" and "Blessing."





#### **SMALL THINGS MATTER**

"He who is faithful in a little..."



"It is the small things that will turn us into a Heavenly or Hellish creature."

C.S. LEWIS

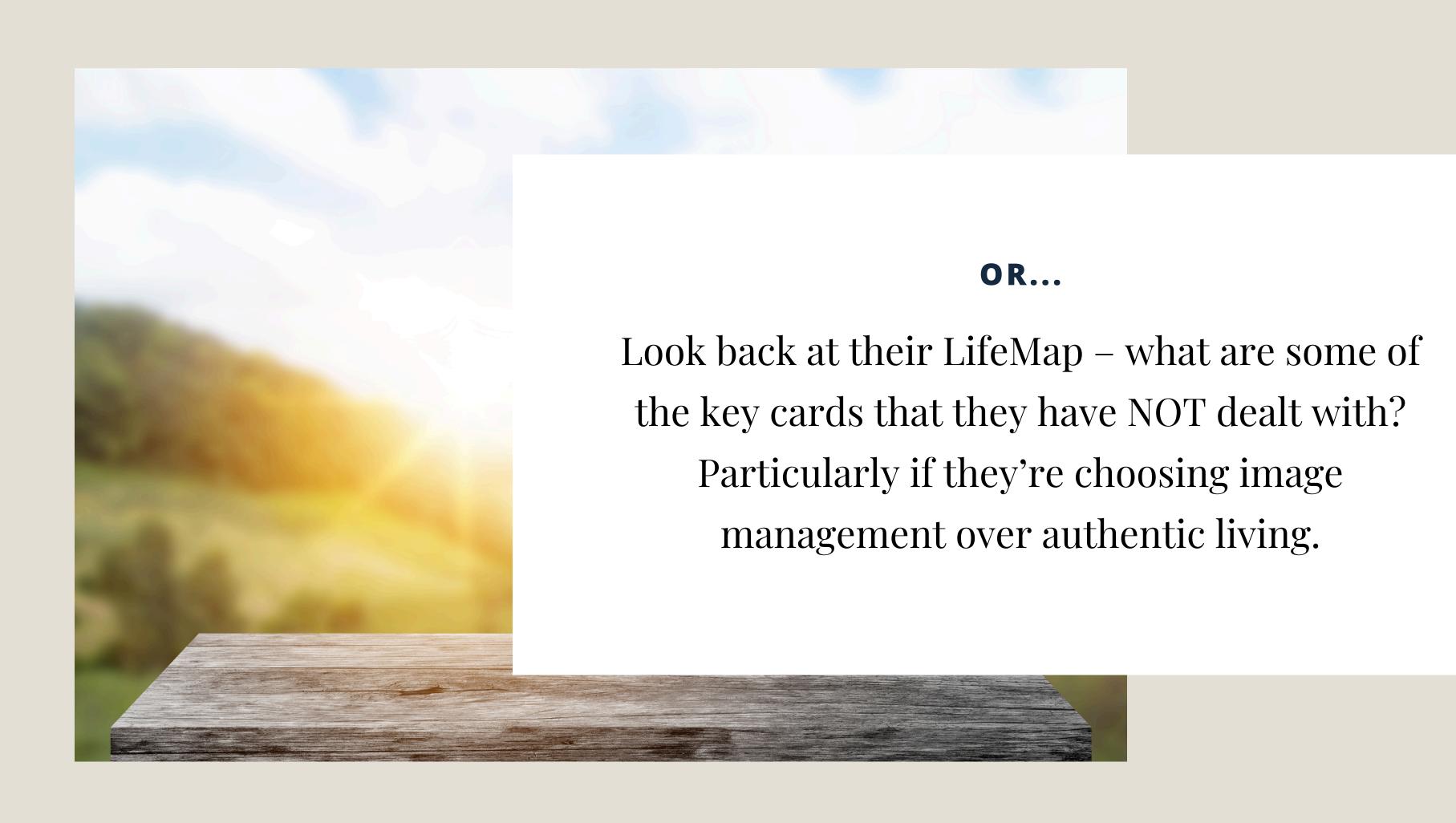
# What are some small positive specific things....



Vocation

Health

Spiritual Life





Unite the Knot

Begin to move after a Freeze Point

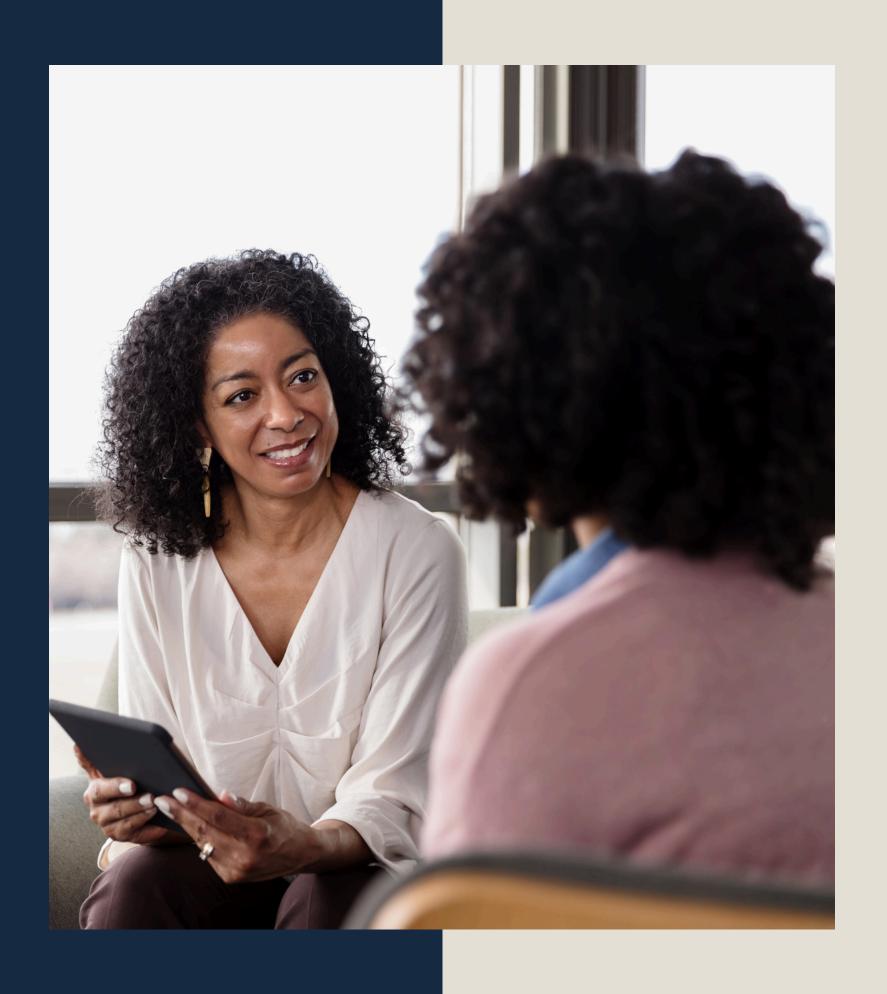
- Unite the Knot
- Begin to move after a Freeze Point
- Deal with a Flash Point

- Unite the Knot
- Begin to move after a Freeze Point
- Deal with a Flash Point
- Close an Open Loop

#### THEIR PRAYED OVER PLAN...

We don't pick everything at once.
We help them pick 3 (max) cards from their
LifeMap that seem really key to their moving
forward.

Then...



#### YOU GET TO SHINE!

Help them come up with those 2 Degree Changes

YES, there will be challenges!







#### WHAT IS IT?

The opposite of Learned Helplessness

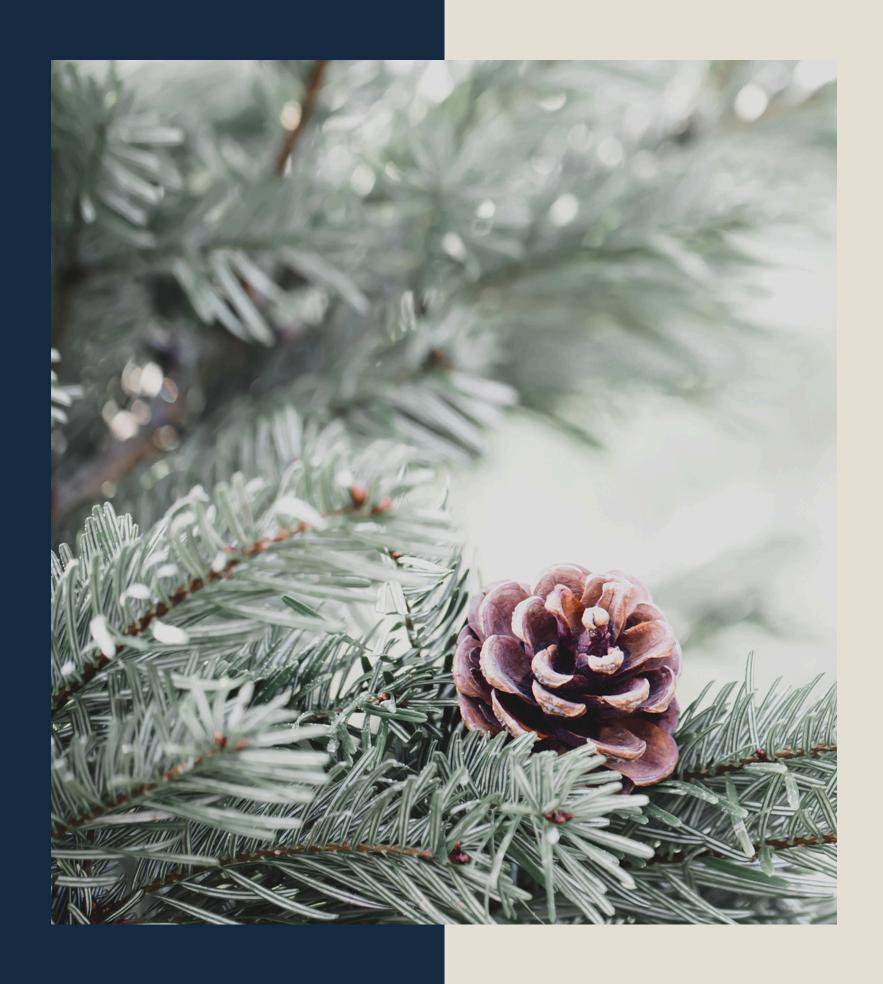
Build resilience and hope by having a plan for those hard things...





"When constantly presented with an obstacle, eventually someone will 'learn' to be helpless. They give up hope and just lay down. Even when the shock or barrier is taken away."

SELIGMAN'S STUDY UNIVERSITY OF PENNSYLVANIA



#### **EXAMPLE**

Heading back to a difficult home for Christmas.

You CAN'T out-logic or out-plan emotions.

They aren't going to be perfect.

# **YET...** "Actions dictate feelings" – not the reverse.







#### WHAT IS IT?

That tangible metaphor or object that can picture for them the finish line...AND build faith during future trials...



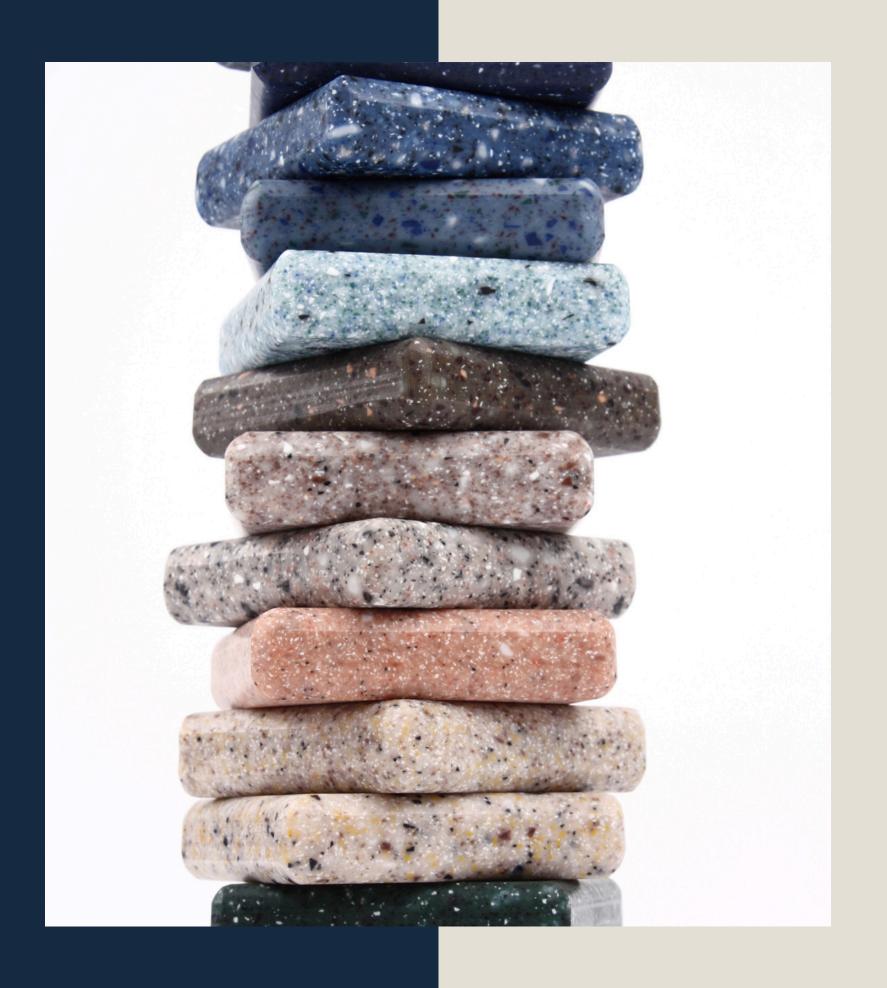
#### JUST LIKE...

# Those 2 Dollars from an earlier story.



**OR...** 

Pink Boxing Gloves.



**OR...** 

A small piece of granite.

A Blessing Board (and notebook)...

#### AFTER OUR BREAK WE WILL COVER...

- Tips for using this as a coach
- Mock Session
- Questions and "closing the loop" for you





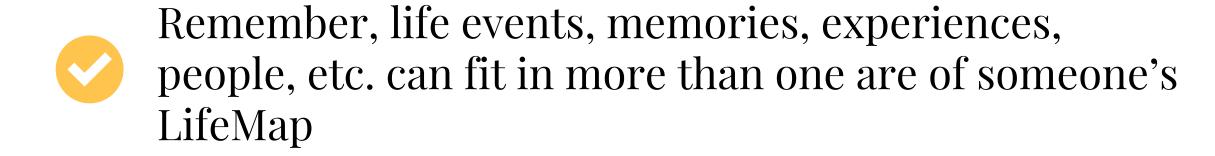
# Tips For You:



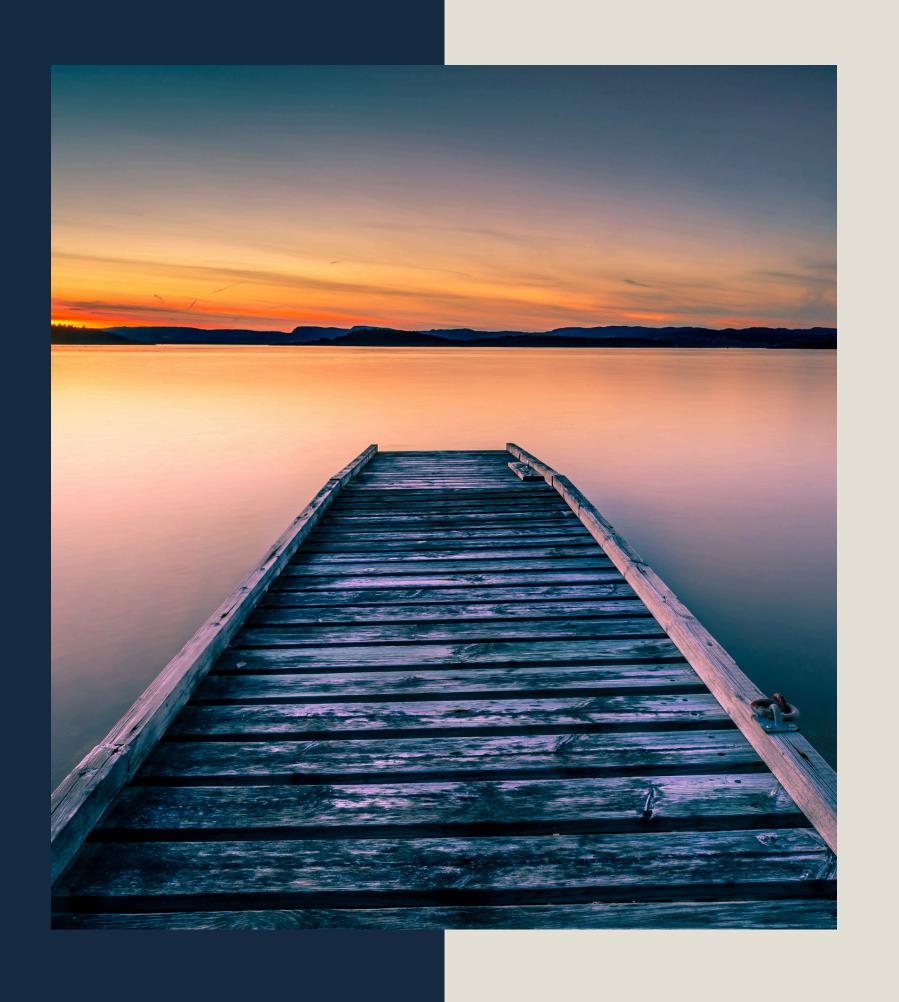
Remember, life events, memories, experiences, people, etc. can fit in more than one are of someone's LifeMap

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# Tips For You:





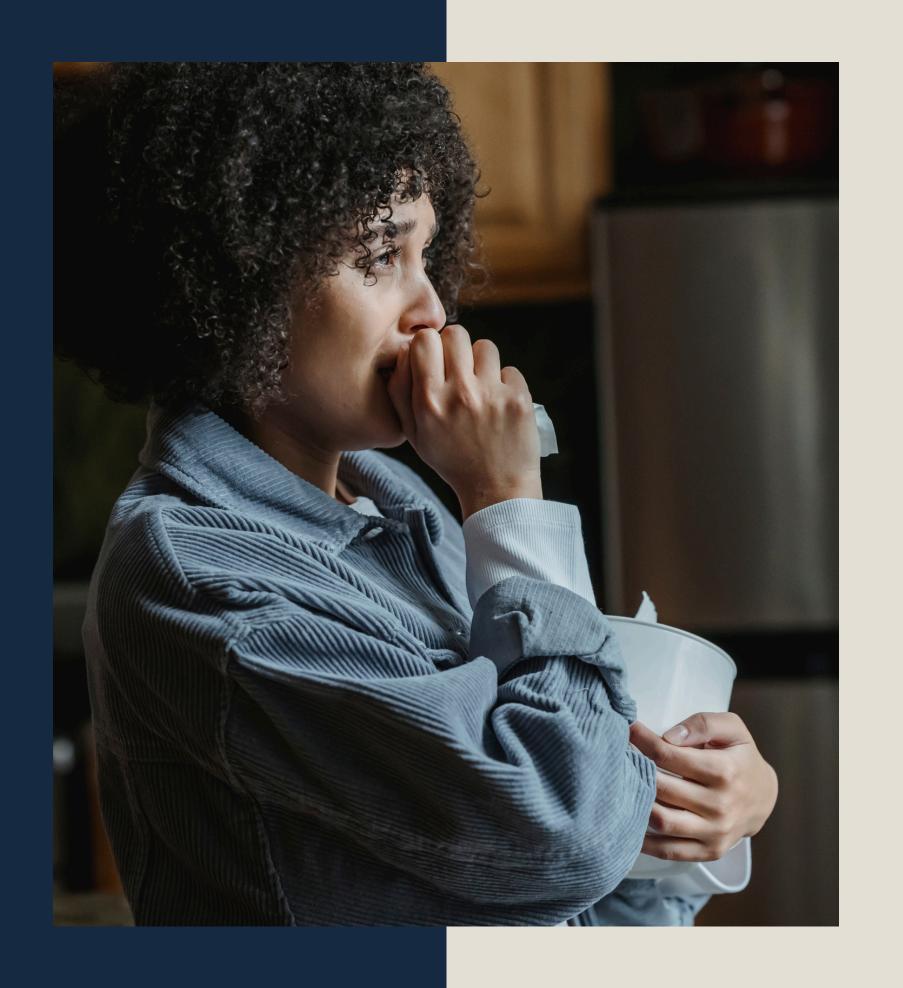


#### IT'S OKAY

To slow down, and deal with issues - both past and present - before completing everything

# Tips For You:

- Remember, life events, memories, experiences, people, etc. can fit in more than one are of someone's LifeMap
- If something keeps coming up, it's something that needs to be addressed
- It's okay if what they came to you for isn't what needs to happen first.



#### **EXAMPLE**

They came to you for a job transition, but they need to deal with a loss before they are ready to really figure out their next steps

# Tips For You:

- Remember, life events, memories, experiences, people, etc. can fit in more than one are of someone's LifeMap
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- You don't have to have all the answers, and we are here to help



#### **CONNECT WITH US**

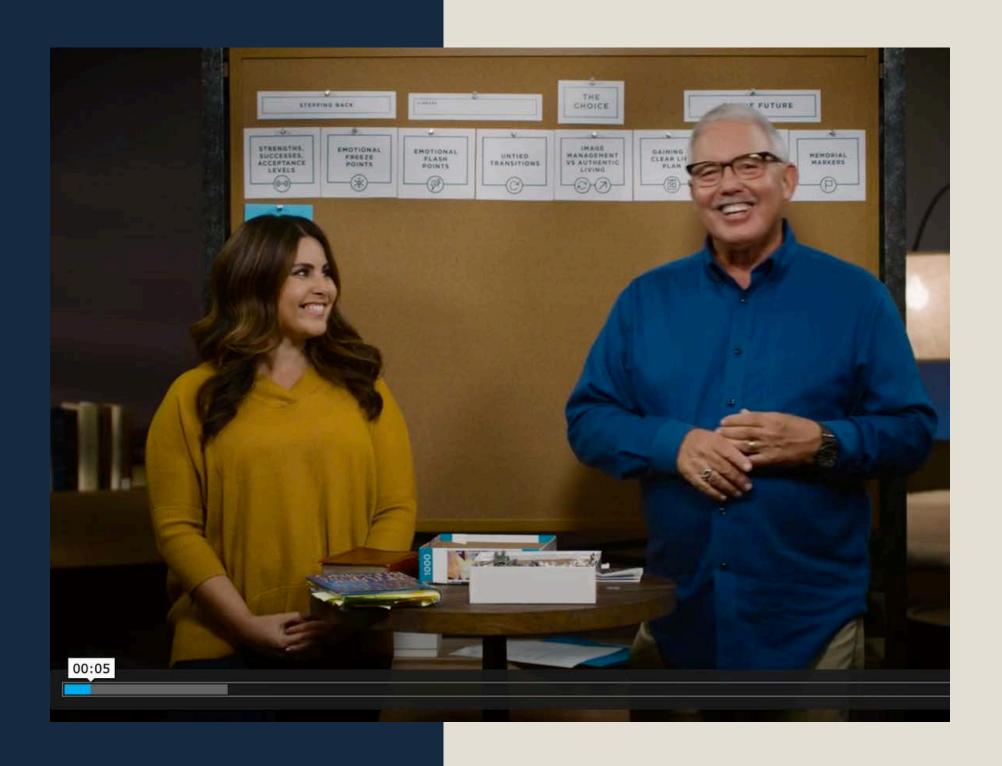
John: jtrent@strongfamilies.com

Kari:

ktrent@strongfamilies.com IG: @karitrentstageberg

# Tips For You:

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- If something keeps coming up, it's something that needs to be addressed
- It's okay if what they came to you for isn't what needs to happen first.
- You don't have to have all the answers, and we are here to help
- Consider Taking The LifeMapping ICCI Course & getting a copy of "Where Do I Go From Here?"



#### ICCI LIFEMAPPING COURSE

- 10 hours
- Powerful Sessions
- Practice Examples
- Everything today and more
- Details, help, and support
- PLUS a powerful tool called
   StoryBoarding

# **Mock Session**





#### STAY CONNECTED

John: jtrent@strongfamilies.com

<u>Kari:</u> ktrent@strongfamilies.com

> W<u>eb:</u> StrongFamilies.com

IG:akaritrentstagebergastrong.families