

**POWER
THROUGH!**

**LET'S
Go!**

Stand STRONG

Part One: Coleman Learns to CENTER



**Cool stuff
for college
(and life)!**

***A College Survival Guidebook
With Practices for Your Success***

Lockett Davidson

**STAND UP FOR
YOURSELF!**

**YOU GOT
THIS!**



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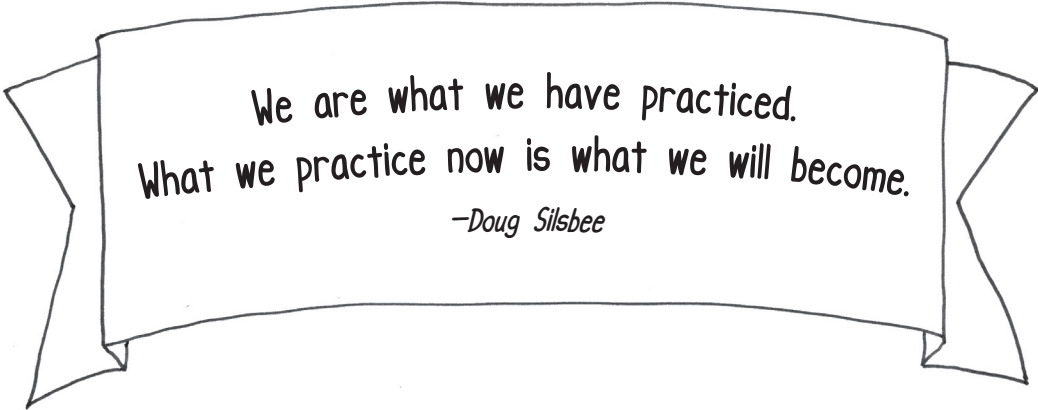
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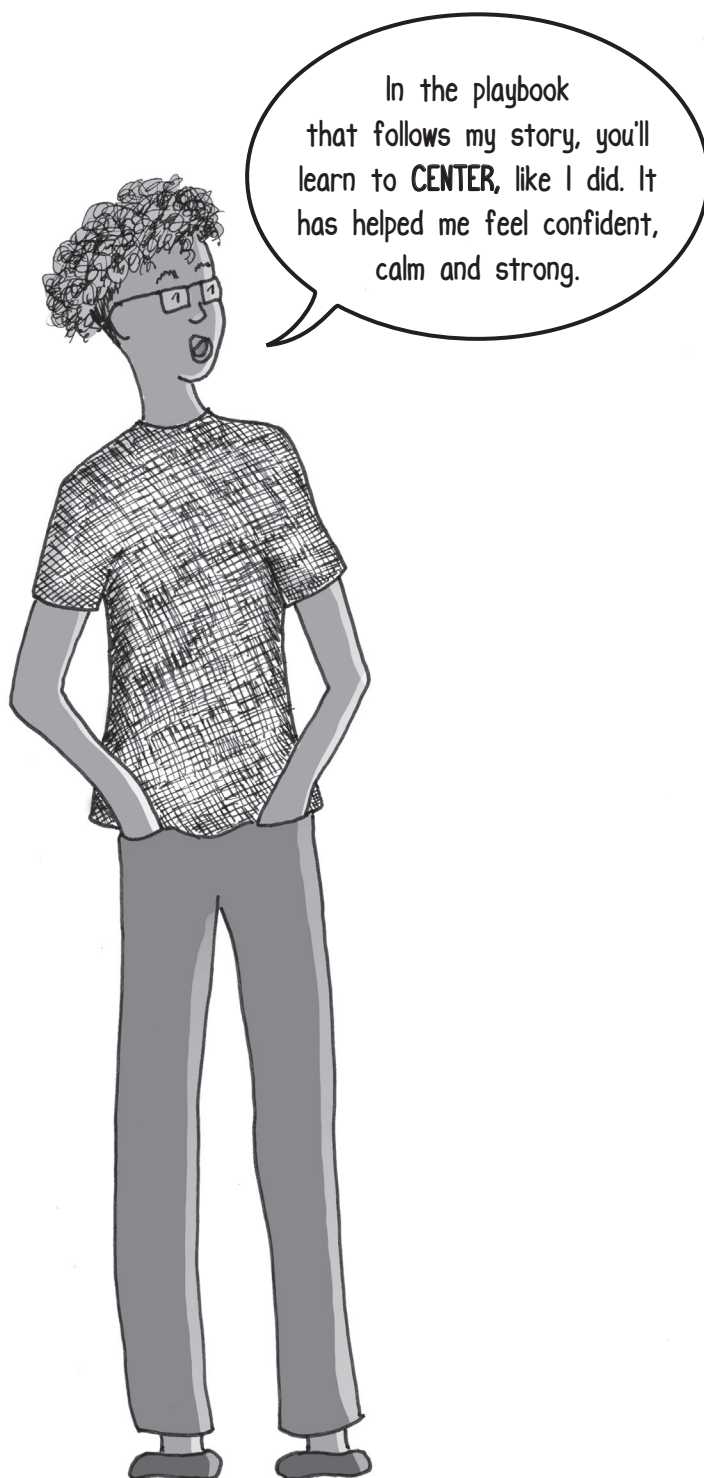
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We are what we have practiced.
What we practice now is what we will become.

-Doug Silsbee



In the playbook
that follows my story, you'll
learn to **CENTER**, like I did. It
has helped me feel confident,
calm and strong.

Coleman

Stand STRONG, Part One

Coleman's Story and *Centering*

CONTENTS

Pages 2-13 The STORY

About Coleman and his first year in college

Pages 14-25 EXPLORE Your Own Story

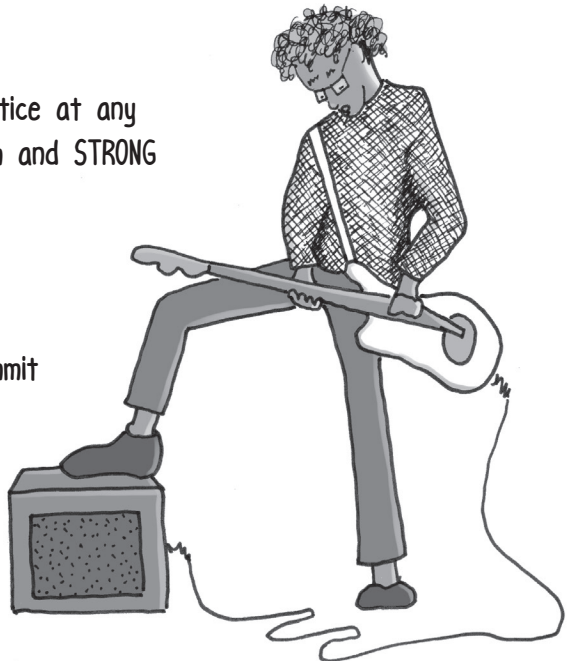
Questions for you to think about and answer that'll help you do well in college and beyond

Pages 11 and 21 CENTERING

Learn to **CENTER** - You can practice at any time to feel more confident, calm and **STRONG**

Pages 23-25 COMMIT

Set a **Big Goal** that you can commit to and plan some steps you can take to reach that goal

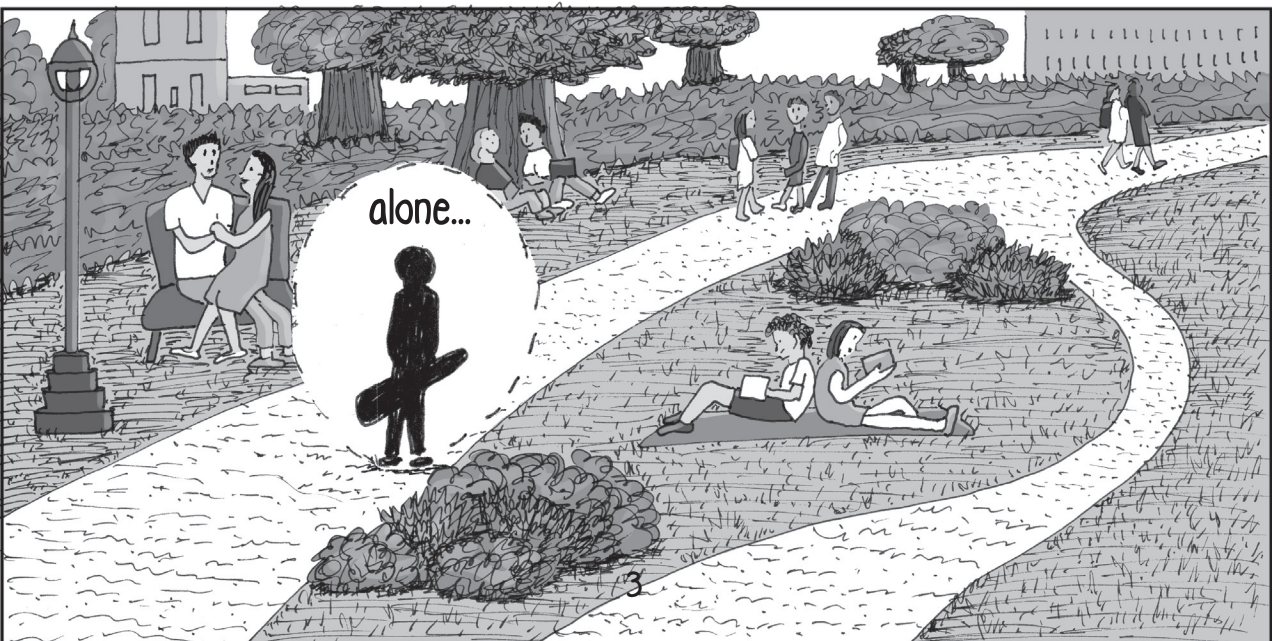
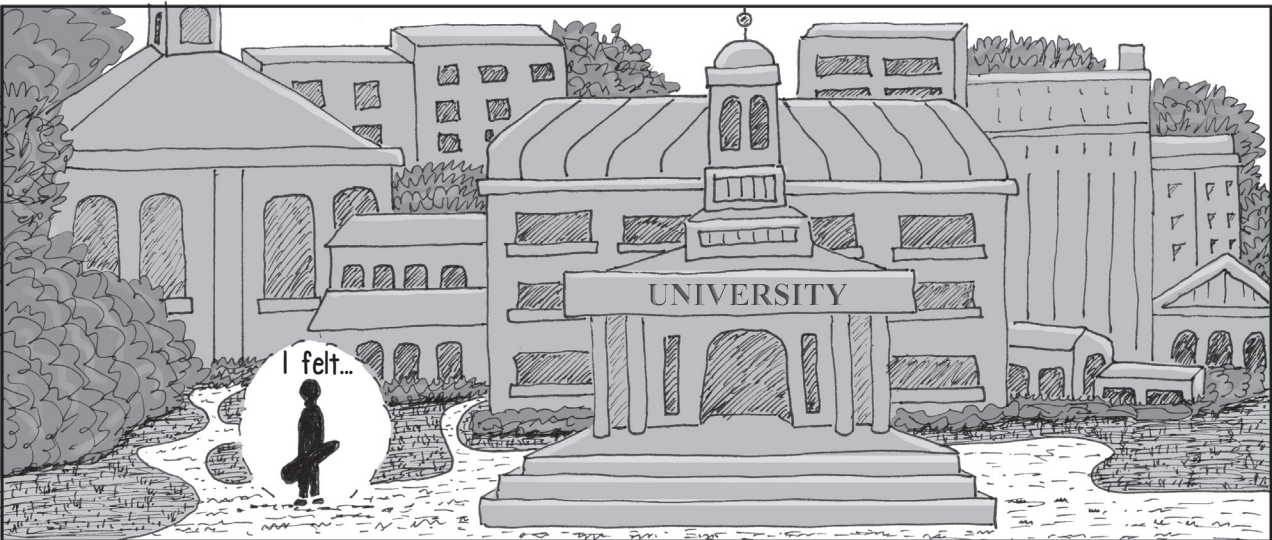


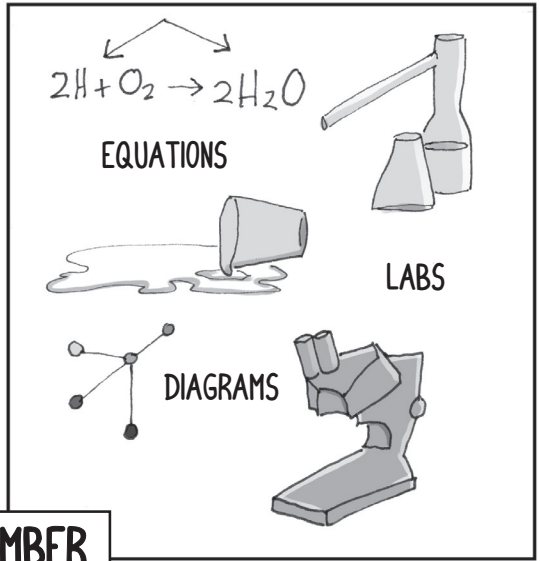


AUGUST

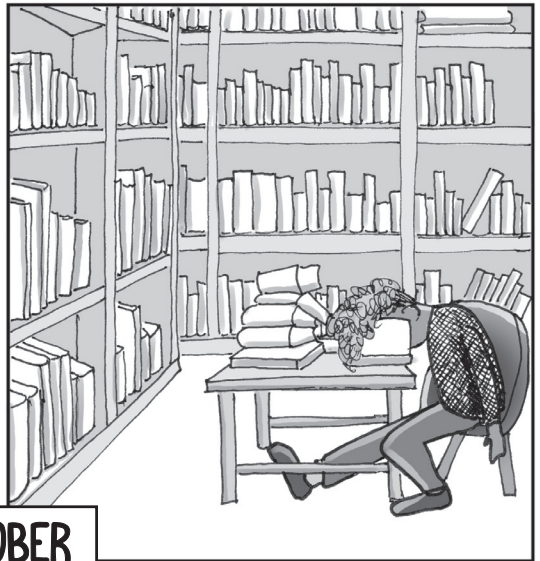
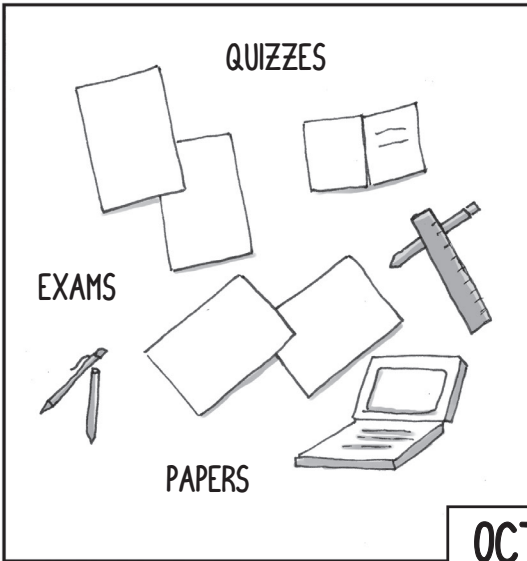


Bye,
son. Make me
proud

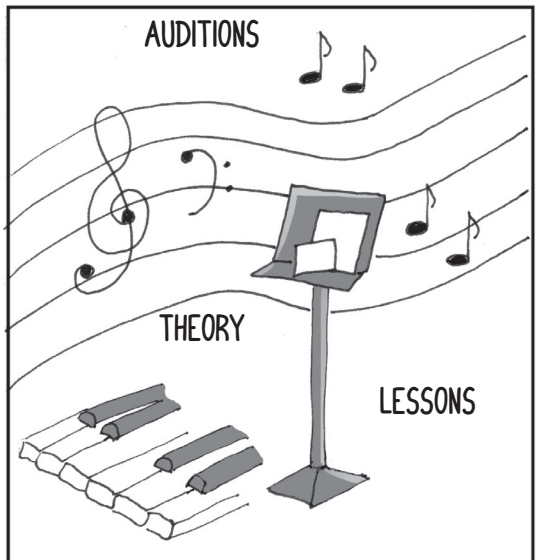




SEPTEMBER



OCTOBER





NOVEMBER

Mr. Butler.
Come to my
office!



No, sir.
You're a smart
kid. You can do
the work.

I need to
drop out and go
back home.



This is just
a temporary
setback.

Here are
some things that
will help.



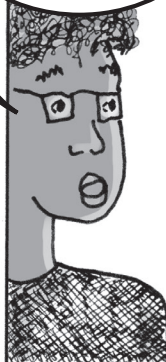
It's hard to
admit that I need
help, but what I was
doing wasn't
working.

My professor
showed me help is
available and it's OK
to ask for it.

I decided to
take his advice. I
started with
a tutor.

Free Tutoring
Tuesdays 7 p.m.
Science Building
Room 455

Leadership
Study Group
Section 101-A
5 p.m. M,W,F



DECEMBER

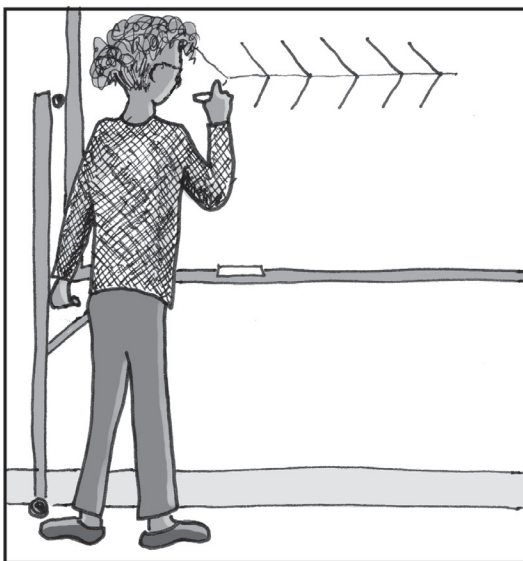
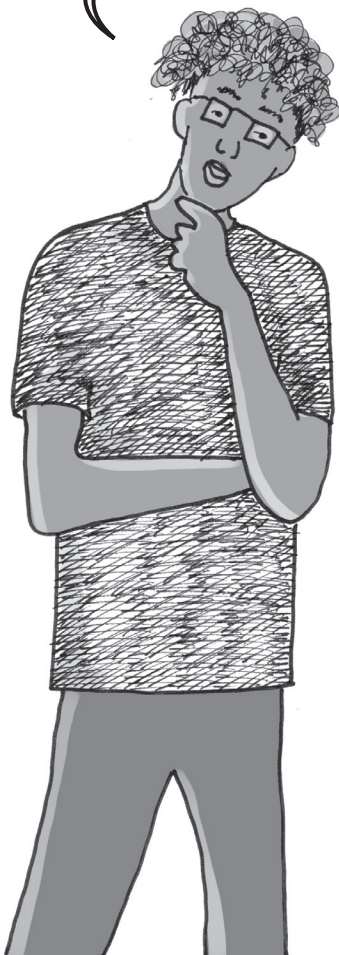
Don't worry, Coleman.
Confusion is what you feel when
your mind is growing.



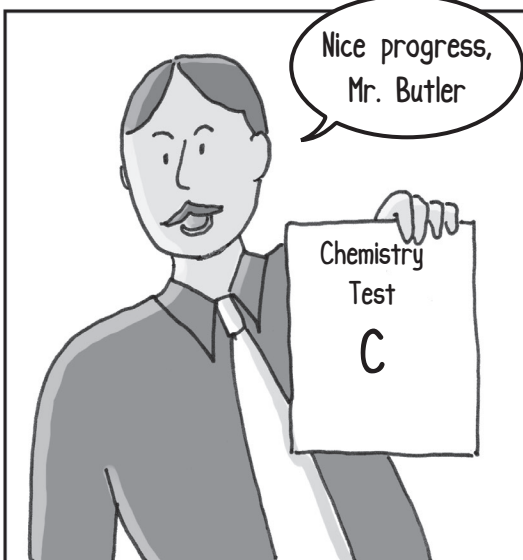
My tutor is a junior
chemistry major. It's cool to
have a study partner, and
she knows her stuff.



I have to
work at it.



Nice progress,
Mr. Butler



JANUARY

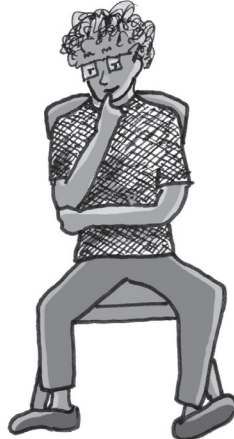
I didn't want to go to the leadership study group. It sounded corny, but I went anyway. I felt welcomed right away.



There were only 8 others. They told me about themselves and asked about my year.

Leadership
Study
Group.
Come
On In.

101-A



Hi, Coleman.
I'm Yazmina.
This is Leo.

We felt little,
dumb and lost
at first, too.



Yazmina



Last year



Leo

LEADERSHIP STUDY GROUP

Coach
Gates

In a few minutes we'll
all practice CENTERING. When you
center often, it can help you
build confidence in yourself.

Here's what
you need to know
first.

From birth, we're
all hardwired for three
essentials: SECURITY, CONNECTION
and RESPECT.

Our experiences with
these are important in forming
the self that we've become
and are becoming.

College is sometimes the first
place young people are challenged
on all these at once.

If you're away from home
for the first time, you may feel
lonely and unsafe or insecure. You may
not know anyone. You have to earn
respect in this new place
with new people.

CONNECTION

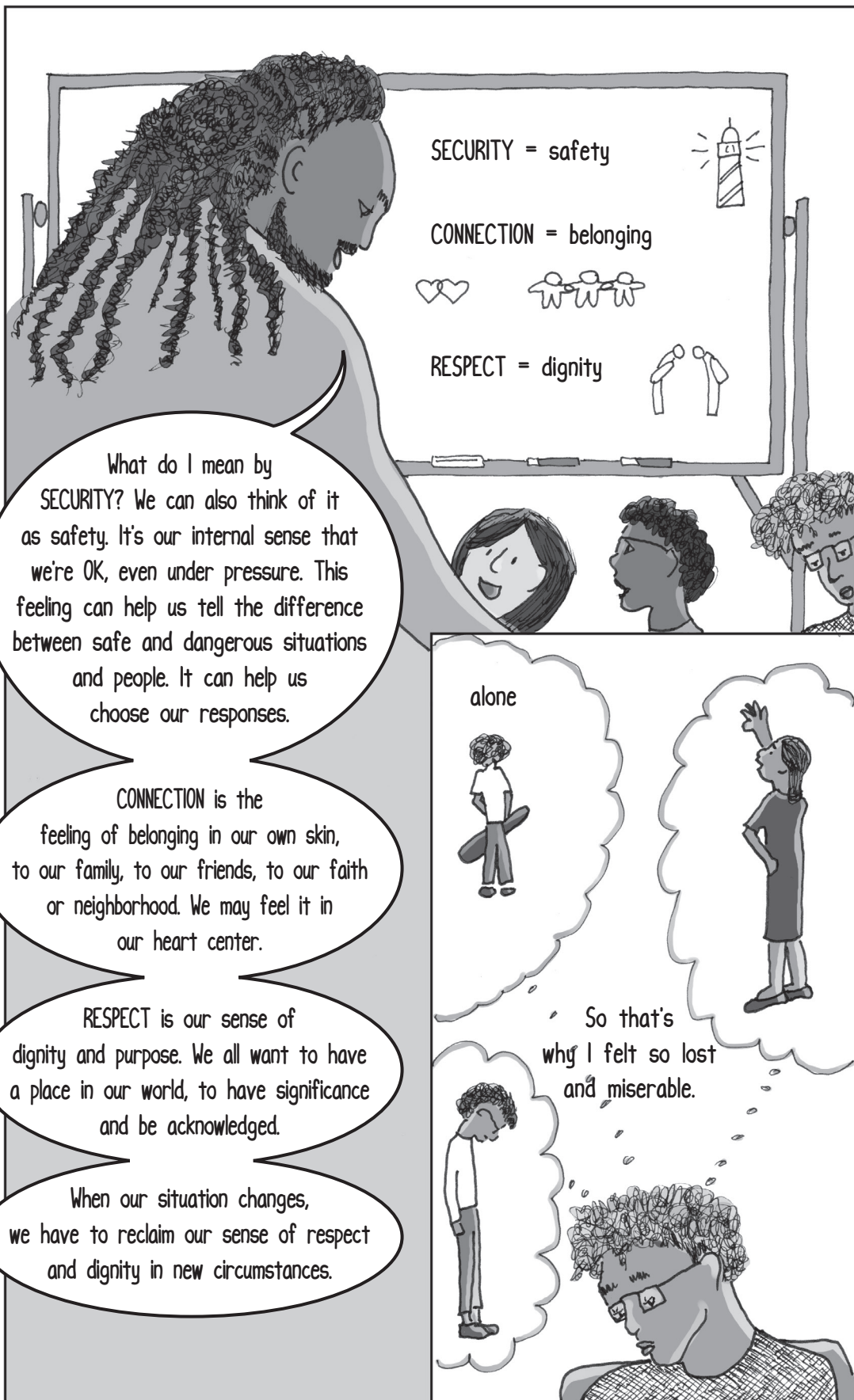
RESPECT

SECURITY = safety

CONNECTION = belonging

RESPECT = dignity





What do I mean by SECURITY? We can also think of it as safety. It's our internal sense that we're OK, even under pressure. This feeling can help us tell the difference between safe and dangerous situations and people. It can help us choose our responses.

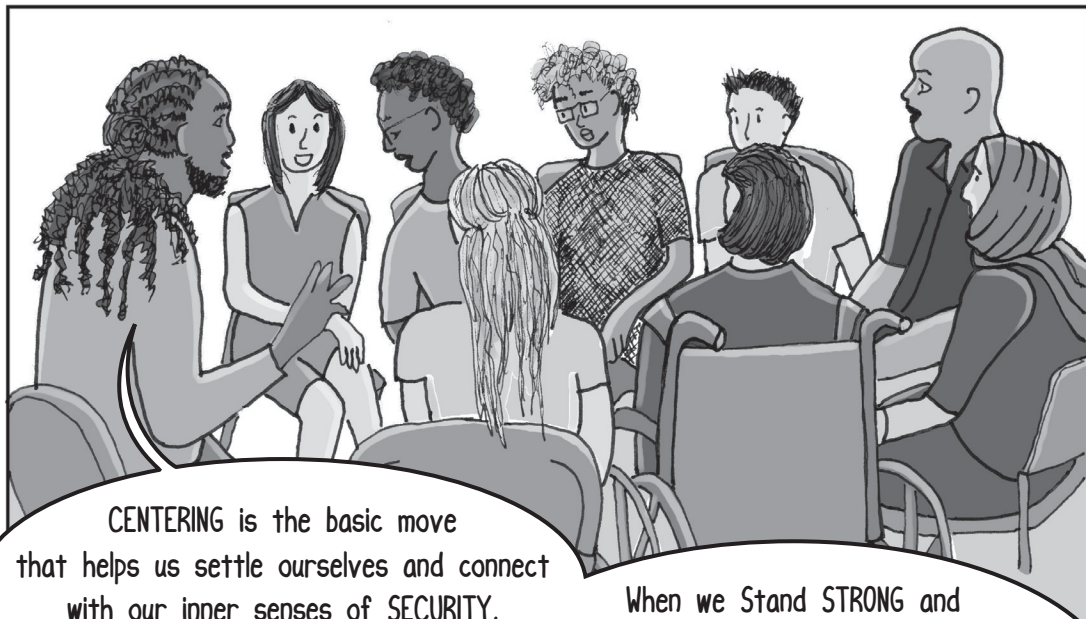
CONNECTION is the feeling of belonging in our own skin, to our family, to our friends, to our faith or neighborhood. We may feel it in our heart center.

RESPECT is our sense of dignity and purpose. We all want to have a place in our world, to have significance and be acknowledged.

When our situation changes, we have to reclaim our sense of respect and dignity in new circumstances.

alone

So that's why I felt so lost and miserable.



CENTERING is the basic move that helps us settle ourselves and connect with our inner senses of SECURITY, CONNECTION and RESPECT.

Centering helps us become more confident, calm and capable of finding solutions.

We then bring our attention to what's behind us—our experience, our learning and our heritage. We can think of it as our dragon tail. It's our sense that we are enough, resourceful and whole as we are.

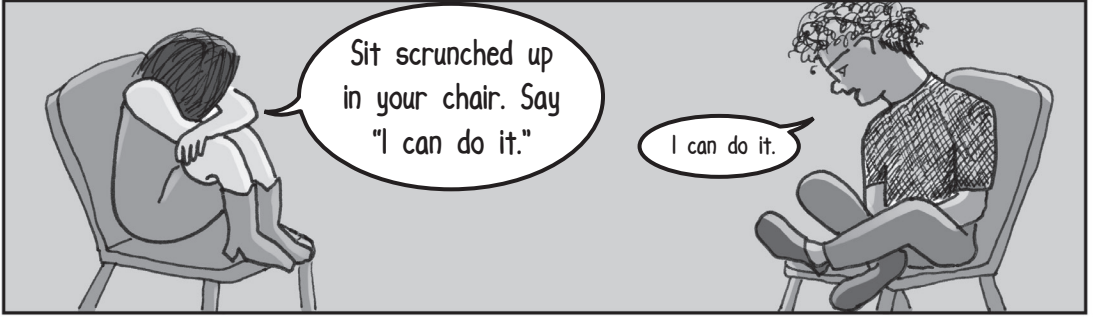
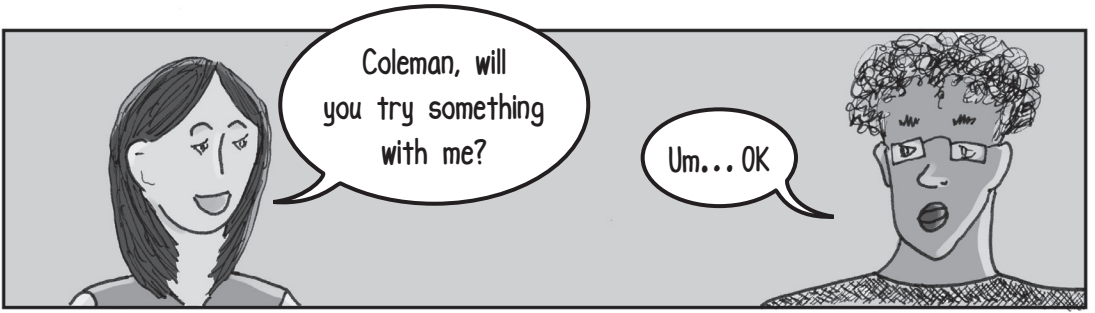
When we Stand STRONG and Centered, we are PRESENT—alert, relaxed, ready for the next move; we are GROUNDED—calm and connected to ourselves and to whom and what is around us.


When we CENTER we rise into our full height, stretch into our full width, and become aware of what's in front of us. These are our dimensions of dignity and connection.

Yazmina will show you how we CENTER in this group. It's our way to Stand STRONG.



The way we stand and walk echoes our thinking habits. If we practice CENTERING often, we'll be ready to Stand STRONG when things get tough.






NOW


Stand up in your usual slouch.
Exaggerate a little.

THEN



Plant your feet hip-width apart.
Balance your weight front to back
and side to side.
Bring your chin parallel to the floor.
Straighten your spine from its base
to the top of your head.
Stretch into your full height and width.
Center your ears between your shoulders.
Look straight ahead, toward the horizon.
Breathe..... Relax without moving.....
Breathe.
Say
I CAN DO IT!



from
this



TO
THIS



Here's what I've learned:

- * Practice Stand STRONG
- * Ask for help
- * Listen to people who want to help you succeed
- * See setbacks as temporary

There's lots more, but I gotta go to class...



What habits and thoughts did you see in Coleman's story?
What else do you think he learned?
Write and draw and share.

A large, empty, hand-drawn rectangular box with rounded corners and a thick black outline, intended for writing and drawing.

EXPLORE YOUR OWN STORY

and


LEARN HOW TO CENTER

(YOUR NAME)

Learns Centering

(DATE)

Stand STRONG, Part One



As you answer the questions in the next few pages, look at your own habits of thought and action.

Consider: How do your thoughts and actions support your goal?

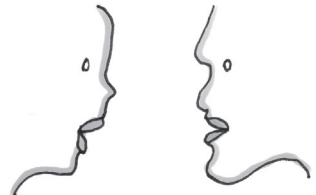
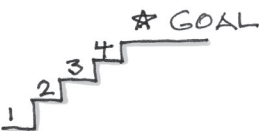
WHAT YOU'LL NEED:

- * This book
- * Willingness to think about your own story
- * Pen or pencil
- * Colored pencils or markers

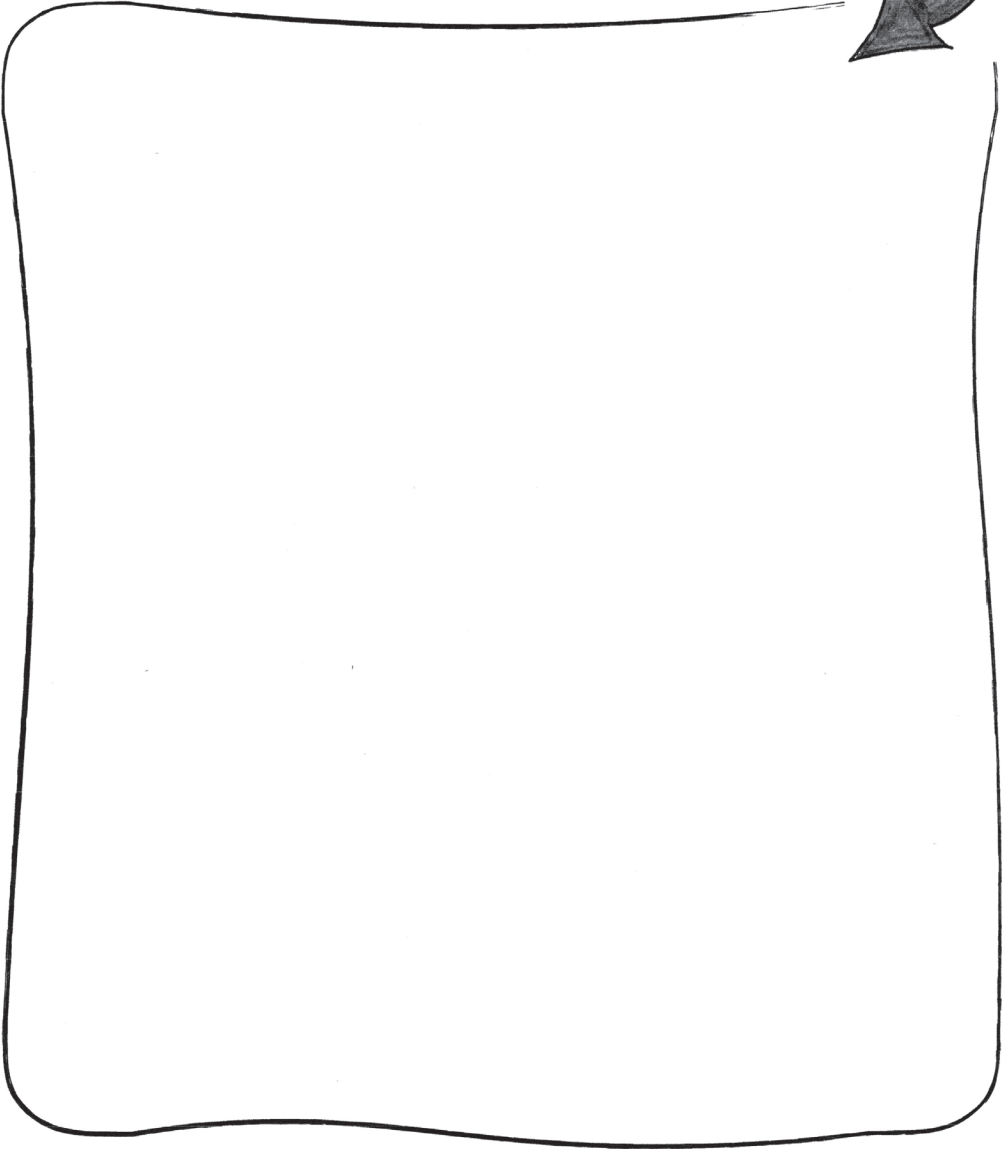


WHAT YOU'LL DO:

- * Make notes and images about what you are proud of and what you did to make it happen
- * Reflect on what hasn't gone well and what you learned or could have
- * Try Stand STRONG—a practice you can use at any time to feel more settled and confident
- * Set a couple of Big Goals
- * Plan some small steps you'll take right away to move toward your goals
- * Share your thoughts and plans with someone who will support you



Name and draw one thing that went well for you recently.



Here are some things I thought of when we had this question in leadership group:



- * I aced my math test
- * I did better on my second chemistry test
- * I got a scholarship in band

How did doing well feel? Write and draw.



These may help start your thinking:

- * Proud
- * Confident
- * Deserving
- * Lucky
- * Competent
- * Happy
- * Brave
- * Lighter
- * Tingly
- * Warm
- * Energized
- * More open in my chest

What did **YOU** do to make it go well?
Write and draw two or three actions **YOU** took.

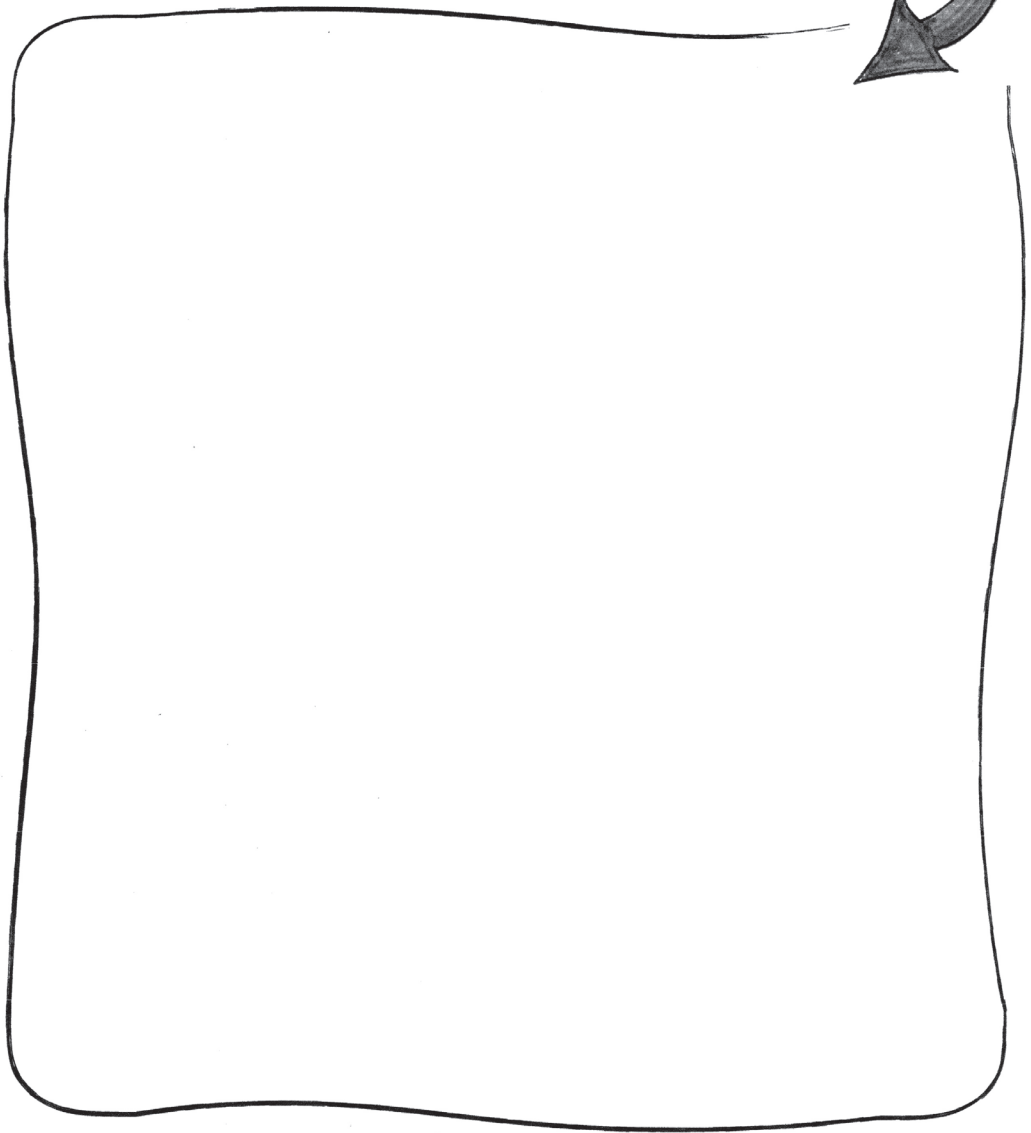


Some things that worked for me:



- * Asked for help
- * Accepted help that was offered
- * Kept saying "I can do it!"
- * Managed my time
- * Made lists and checked things off
- * Learned to think of setbacks as temporary
- * Celebrated small successes and progress
- * Broke big goals down into smaller steps

Name and draw one thing that DIDN'T go well recently.



Some tough stuff I've experienced myself:

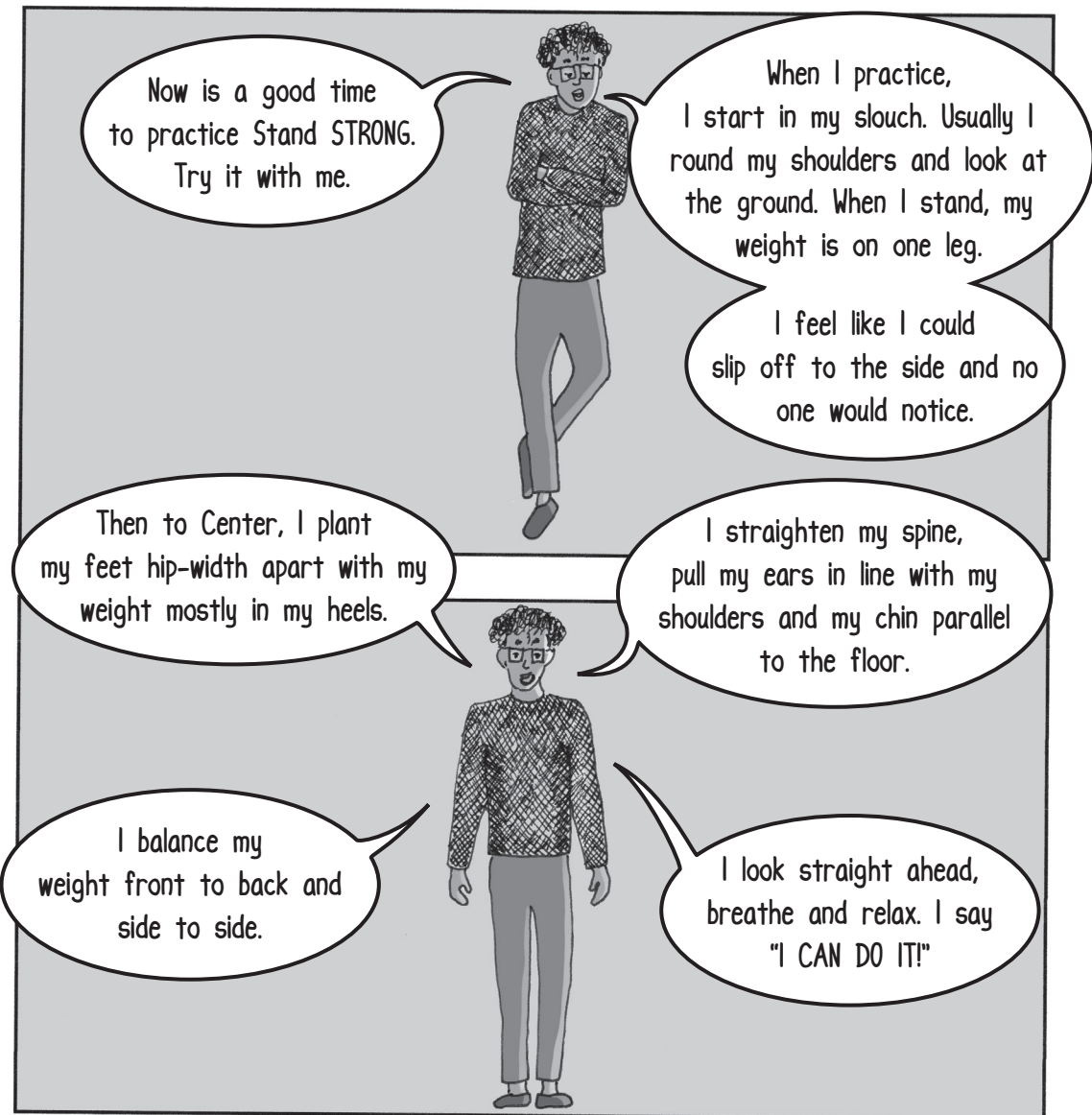
- * I got a bad grade in a class
- * I missed a major deadline
- * I had a fight with my mom
- * I messed up bad in a concert
- * I lost a bunch of band music

What good stuff did you, or could you, learn from the thing that didn't go well? Write and draw.



One or more of these may fit for you:

- * It's my attitude that counts
- * Messing up is temporary
- * Obsessing over mistakes doesn't make them better
- * I do better when I go to class
- * Sometimes there's more to learn by losing than by winning
- * I remember other times when I got through something tough



Write and draw what you notice when you Stand STRONG.

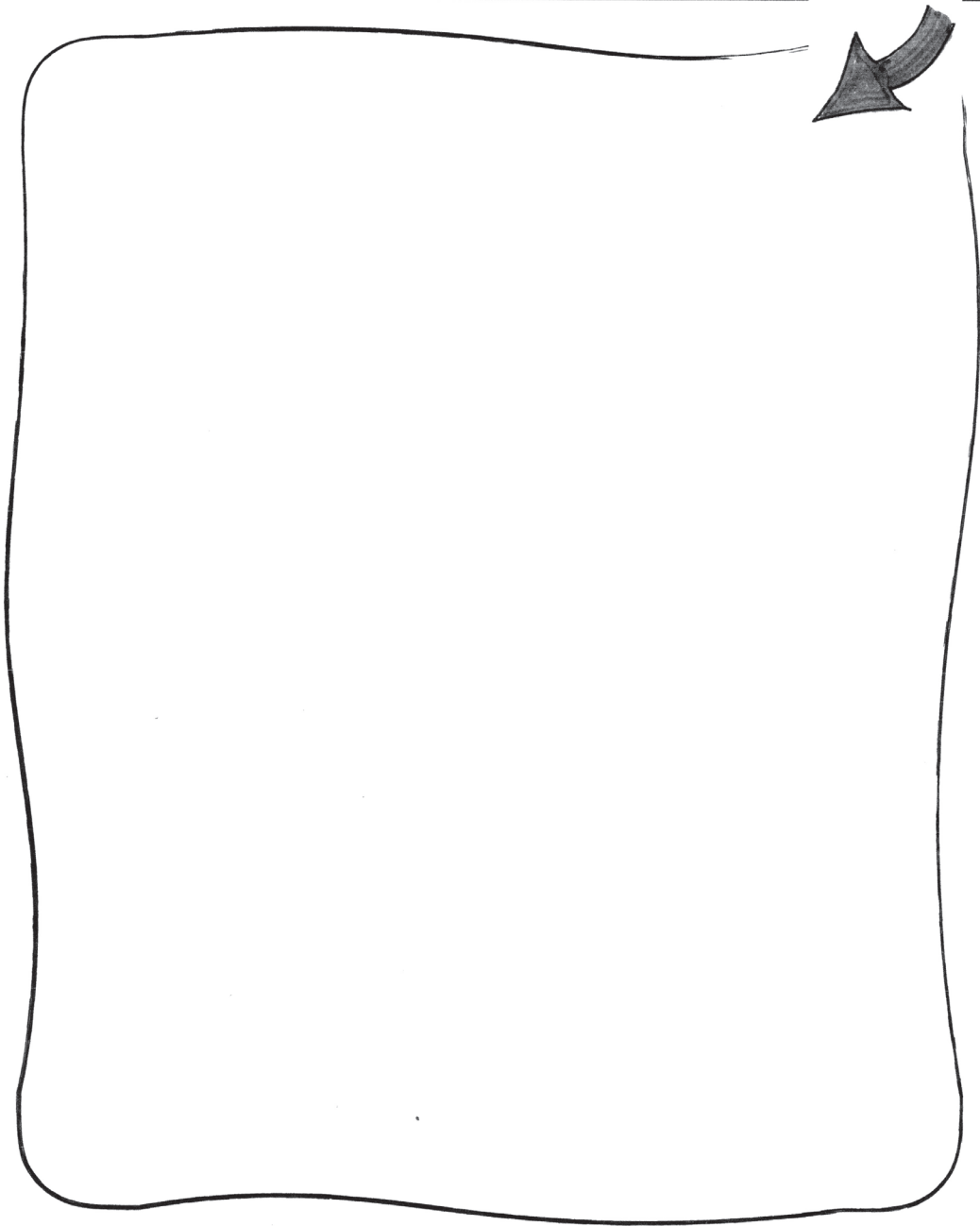


These are things
I notice:

- * Open eyes, heart
and chest
- * Easier breathing
- * Hopeful
- * Calm
- * Brave
- * Focused
- * Energized

What's coming up where you need to Stand STRONG in the next month or so?
Be specific.

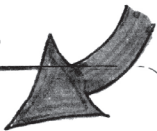
Write and draw one or more **Big Goals** for the next few months.



These are my next **Big Goals**:

- * Turn in all my papers and projects on time
- * Get an A in chemistry
- * Start a band
- * Make three new friends

Pick ONE of your Big Goals and write it here:



Small doable steps make it possible to have early wins in progress toward your GOALS.



Write down all the things to do to make it happen. Start with what you can do right away on your own.

Break your ONE Big Goal down into smaller steps.



Which of your small steps will you commit to do right away? Write and draw and share:



Write a date to get it done and other details that will help you complete the small step you chose.



How can you reward yourself for completing this small step?



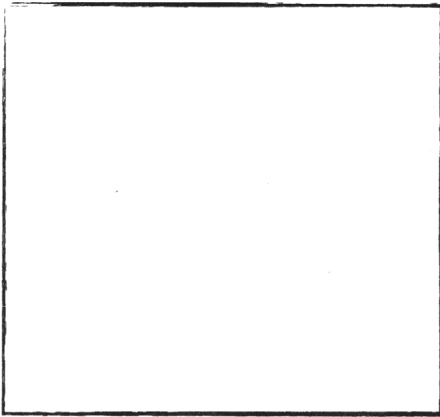
Who can you ask to help you reach your Big Goal?



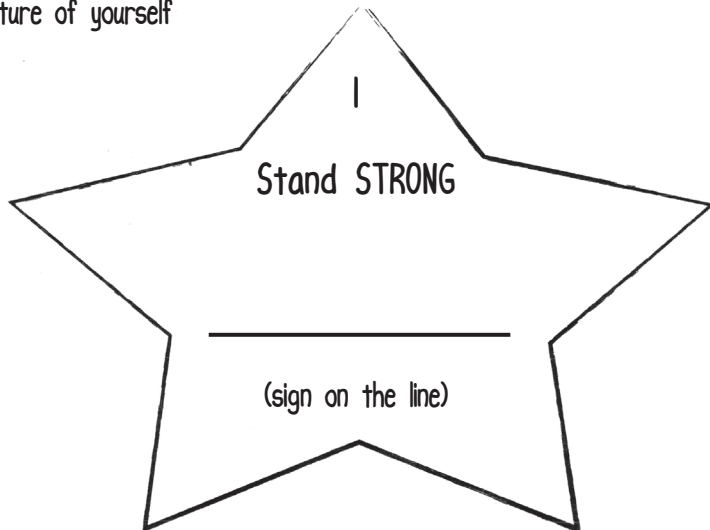
YOU ROCK!

You've just completed Part One of Stand STRONG, a series that will help you navigate new experiences and stay calm under pressure and in the middle of major changes.

Practice Stand STRONG. Ask for help.
Break down big goals into smaller steps.
You can thrive in college and create the
life you want in college and beyond.



Draw a picture of yourself

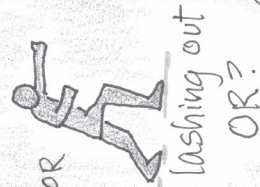
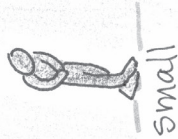




Be the change you want to see

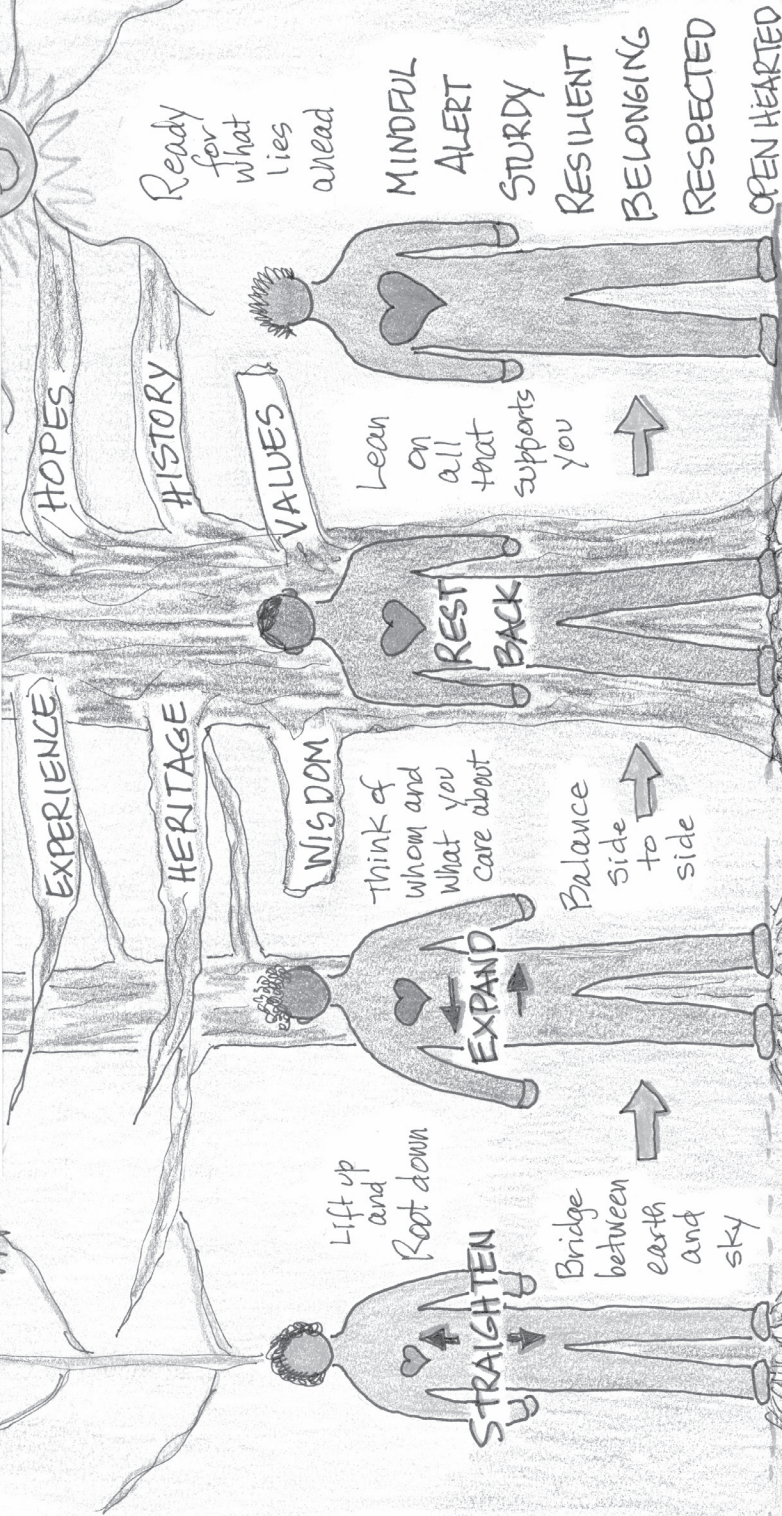
-Sometimes attributed to Gandhi

INEFFECTIVE
ways to show up



GROUNDING CENTERED PRESENCE

GROW INTO



GRATITUDE

Kentucky Foundation for Women
Network Center for Community Change
Doug Silsbee & Bebe Hansen, Presence-Based Coaching®
Jill Adams and Change Makers, Jefferson Community and
Technical College
Christy Metzger, First Year Experience, University of Louisville
Alexandra Thrustone, St. Francis School
Janelle Rae, Spalding University
Amy Hirschy, University of Louisville
Lisa Millsaps, Western High School
Tofte Lake Center and Liz Engleman
Jean Johnson and Barbara Hurlburt
Lyedie Geer, Practicing Artists Lab
Grace Christiansen and David Temin
Guy Davidson and John Catlett
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Danica Novgorodoff, graphic novelist
Keith Look
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Amanda Blake, Embright
Shelton McElroy
Cassandra Webb
Mimi Zinniel
Liza Little
Jan Calvert
Ebony O'Rea
Nola and McGee Catlett
Jennie Jean Davidson
Steve Woodring
Witters
Rowing Sisters
Sarah Halley
Carey Goldstein
Jessica Bellamy
Pam Greenwell
Julie Wunderlin
Last Thursday Book Club

CITATIONS:

Centering, the practice:

Adapted from Doug Silsbee and Bebe Hansen, Presence-Based Coaching®

Safety, Connection and Respect

Adapted from Body=Brain®, Amanda Blake, Embright

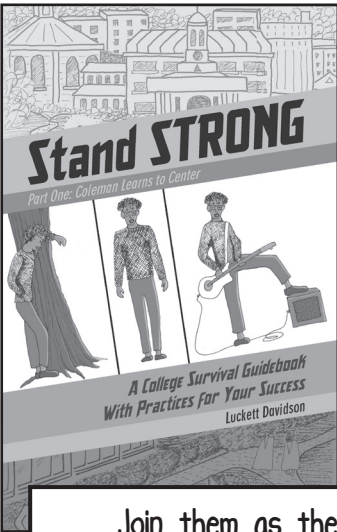


Luckett Davidson, a leadership development coach, writer and illustrator, lives with her family in Louisville, Kentucky.

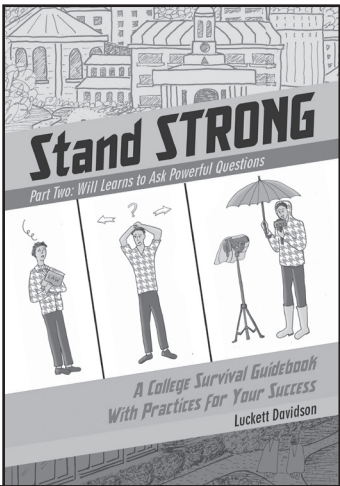
Luckett's take on the personal skills required for college survival is grounded in her studies and explorations in Presence-Based Coaching®, community organizing, the food industry, and fine arts as well as lived experience.

Touchstone Guides presents **Stand STRONG**, a series that supports students through the transition from high school to college. This unique, interactive series allows students to personalize their growth by reflecting and practicing new skills and habits of self-awareness and leadership presence.

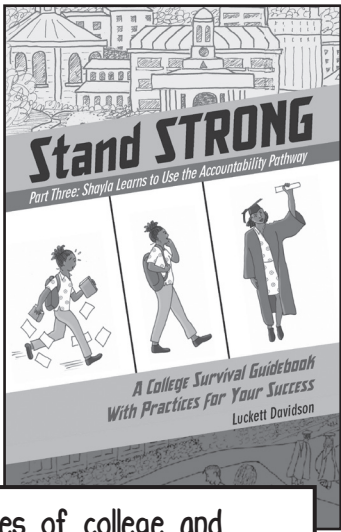
In **Part One**, Coleman learns to Center and watches his confidence soar.



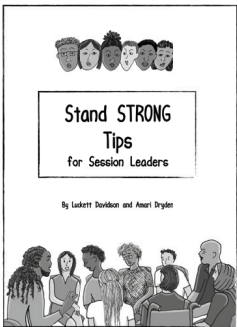
In **Part Two**, Will learns to ask Powerful Questions as he considers big and small decisions.



In **Part Three**, Shayla learns how the Accountability Pathway can help her make progress toward major goals.



Join them as they journey through the challenges of college and learn to build inner strength, seek support and stand strong!



Visit our website www.touchstoneguides.com to download the Stand Strong Tips for Session Leaders. These handy tips support those wishing to lead a small group! Posters are also available on the website for purchase.

Bulk and nonprofit rates are available. Contact us for more information at luckett@touchstoneguides.com.



Touchstone Guides explore the intersection of coaching skills, practices and accessible and memorable images. Compassion, resonance, grace and resilience are the touchstones of our work.