



POWER OF THE INTANGIBLE ASSET-YOUR MIND

OUCAN Women's Leadership Symposium
March 23, 2023

Presented by: W. Kay Wilson, MBA



W. Kay Wilson

Let's connect on LinkedIn

Empower Together

- Award Winning Business Expansion Strategist
- Raised 165 million USD non-profit funding 2020-2022
- 3 Global Masterminds per year to help Young People Realize Intentions
- Author, International Speaker, Awaken People to Their Purpose!

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Grateful Still

What would make this symposium a success?

?
?
?

What actions have you taken since Day 1?

Are you serious?

What has gotten better?



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You Can Transform Your Mind



You can be YOUR OWN RESCUE

You have to be willing to transform your mind in order to be your own rescue and become the person you know you can be.

You have to realize you can't grow with people who are struggling like you. CONVICTION & CONVENIENCE can't live in the same place.

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Only smart people can read this. I couldn't believe that I could
understand what I was reading. The phonemic power
of the human mind, according to a research at Cambridge
University, it doesn't matter in what order the letters in a word are,
the only important thing is that the first and last letter be in the
right place. The rest can be a total mess and you can still read it
without a problem. This is because the human mind does not read
every letter by itself, but the word as a whole. Amazing huh? And I
always thought spelling was important!



Hopeless

No Geographical Boundary

Why is this happening to me?

4 ME



WHAT IS THIS TRYING TO TEACH ME?

Mindset Reset

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Hopelessness may not look the same, the view may not be the same, but the feeling on the spirit and in the mind is the same. Hopelessness is a combination of sadness, shame, anger, and desperation built up over years of closed doors and mental exhaustion.

There are NO HOPELESS situations. There are only women who have grown hopeless about them

Your Problem Isn't the Problem

Our thoughts and feelings, and the mental images we watch in our mind, affect our lives. This means that we have to be careful with our thoughts and how we react to them, otherwise we might get things and enter into circumstances that we don't want.

- **The Problem isn't the problem**
- **How You Think About it IS**
- **You are NOT Your Circumstance**
- **Be Clear About What You Want**



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You Can Change The Outside Change The Inside

Thoughts Drive Feelings

The cells in your body react to everything your mind says. Many studies have shown negativity weakens your immune system. Negativity has a negative effect on your physical BODY, and your mentality.

Feelings Drive Body Reaction

Your behavior has a direct impact on your feelings.
When you do something, you feel different for having done it. ACT as a way of creating that feeling for your future self.

Body Directs Experiences

Having empathy for your future self means making decisions in the present that benefit you in the future. Every time you do this, it's like giving your future self a present! Your best self makes choices that align with your values and priorities.

Power of Your Mind

Looks for Evidence

What stories are you telling yourself?

What are your limited beliefs?

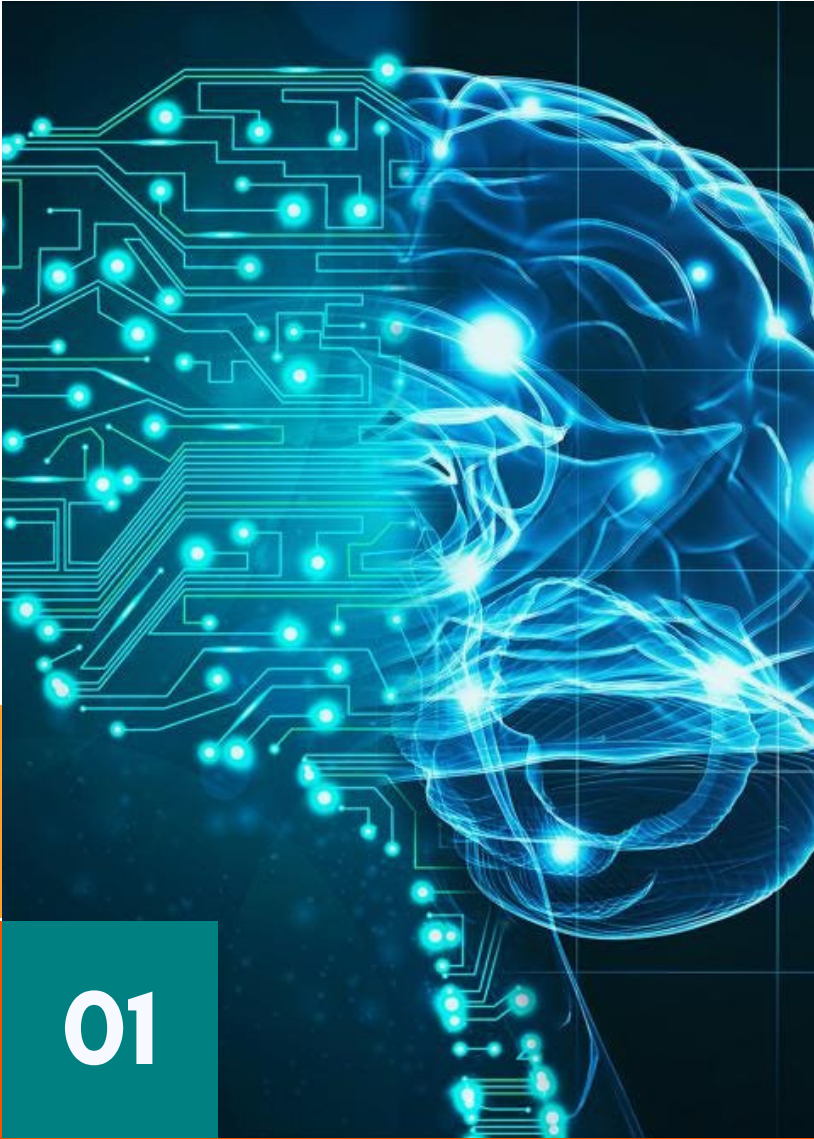
Are you framing from lack?

Confirms Our Beliefs

Our mind will create deep impressions whether actual events or imagined visualizations that are accompanied by feelings. Reticular Activating System



Mindset Reset



Expose the Lies



What you pay attention to will shape your brain, which in turn will shape your abundance, your relationships, your life.

Write down all the lies you tell yourself about challenges; about money, about happiness. Allow space in between each sentence. Write the truths in ink. Read these lie, truth, lie truth for 6 days, on the 7th...erase the lies

Prayer needs

WORK

Invest in YOU

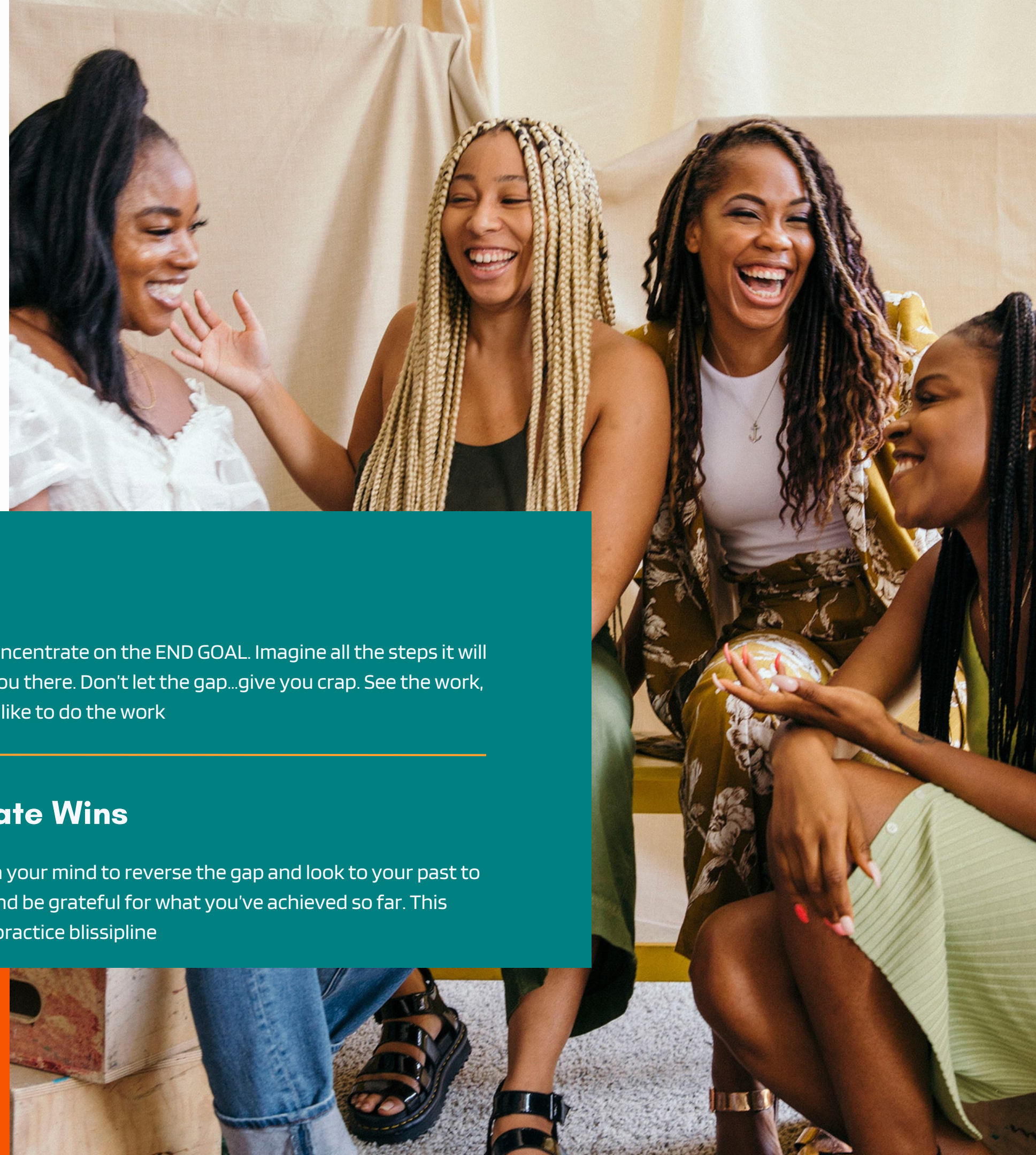
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Be Blissiplined!



Be Grateful

It has been scientifically proven that people have more energy and experience less depression when they practice gratitude



Goals

Don't only concentrate on the END GOAL. Imagine all the steps it will take to get you there. Don't let the gap...give you crap. See the work, feel what it's like to do the work



Notice Your Focus

Pay attention to your self-talk. Block the lies. Not everyone can come on this ride with you! BE CLEAR about your vision.



Celebrate Wins

You can train your mind to reverse the gap and look to your past to appreciate and be grateful for what you've achieved so far. This allows us to practice blissipline

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See the Goal

- Creating Vision with mind, heart, eyes
- Means Goals-society (happy?)
- Ends Goals- have deepest impression
- Extraordinary Leaders don't ask permission- Give notice
- Measure

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YOU already HAVE It ALL

- 01** God made you uniquely!
- 02** You can only rise to the level you see yourself
- 03** See yourself taking ACTION!
FEEL yourself taking ACTION!



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I AM

Two of the most powerful words in existence.

For what you put after them, you become.



The Power of I AM.....

What do they call you?

What do you answer to?

I AM.....

Who are you connected to?

**Hang around
other DREAMERS**

What does your lifestyle feel like?

Homework:

What does success look like? What
Does it feel like?

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No Sense...

There is nothing logical or realistic about people who have big dreams and have achieved big things. You need your mind to be so clear even if you lose your map.



EQUITY

Still pushing...



27 YRS

Forgiveness Movement



CAN'T

Can



YOU

Empowered

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Thank You



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Yvonne Cherelle, E.D.

EMPOWERED

PURPOSE E-BOOK



COACHING
AMPLIFY YOUR VISION. ACTIVATE YOUR PURPOSE

A STEP BY STEP GUIDE TO A HIGH PERFORMANCE YEAR

DISCOVER the secrets to reveal and empower your purpose.

LEARN how to become the best version of yourself

Uncover hidden wisdom that will take you to the next level