

Unleash Your PHA-BULOUS: Transform Ordinary to Extraordinary

2 hours

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Course Description

Your past decisions shaped your current life. No matter where you are now, small positive changes can lead to extraordinary results. Join eye care experts Phernell Walker and Bill Gerber as they share their journeys and discuss how to create meaningful change.

Learning Objectives

Upon completion of this course the student should be able to:

- 1) Create a plan to manage their professional and personal goals to achieve success
- 2) Apply critical and strategic thinking vs. tactical thinking in planning their professional and personal life
- 3) Describe how to use communication tools in their professional and personal life

Course Outline

- I. Overview and Self-Questions **(5 min)**
- II. Phernell Walker - Full Circle **(25 min)**
 - a. My journey to becoming an optician.
 - b. Mae's – Blindness
 - I. Awareness
 - II. Value to life as a blind person
 - c. Life lessons that set the trajectory on a successful path
 - d. Setbacks
 - e. Mentorship
 - f. From ordinary to extraordinary
 - I. Education matters
 - II. Certification and Licensure in Opticianry matter
 - III. Continuing Education

- III. Bill Gerber Journey **(25 min)**
 - a. Journey in Eye Care
 - b. Beginnings
 - c. Life lessons that set the trajectory on a successful path
 - d. Setbacks

- IV. What is your Why **(10 min)**
 - a. Pulse from the audience on their “why eye care?”
 - b. Motivating factors

- V. Manifesting Your Future **(30 min)**
 - a. Understanding cause and affects
 - b. Calculated risks
 - c. Mind Resetting Tools
 - d. North star Concept
 - e. Setting SMART goals both professionally and personally
 - f. Importance of reflection
 - g. Finding Balance between work and non-work life

- VI. Communication Tools **(15 min)**
 - a. Forms of communication
 - I. Verbal
 - II. Non-verbal
 - III. Body language and word alignment
 - b. Causes of failed communication
 - c. How to mitigate failed communication

- VII. Questions and Answers **(10 min)**