



Resilience
and
Redemption

Derek Clark

Trauma

When we meet someone in pain, we should not think with our heads but rather connect with our hearts. Compassion is humaneness, kindness, and soft heartedness.

What is the Deeper Issue?

Their Outside World May Be
a Reflection of Their Inner World.

CONNECTION
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Meaningful connections to youth may be revealed as their relationship(s) to a teacher, coach, former foster parent, current foster parent, social worker(s), counselor or any adult member of their family.

Who are they? Where are they? How can they be mobilized to become (re)involved in the life of this young person?

What Children Want From Adults Working With Them

- Listen to Me
- Believe in Me
- Acknowledge Me
- Make Me Feel Important
- Treat Me With Fairness
- Treat Me With Respect
- Don't Be Judgmental of Me
- Continue to Support Me Even if I Make a Mistake
- Accept Me
- Get to Know Me
- Let Me Know I Belong

It's not
about your IQ,
It's about
your I-WILL



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Someone took the time to make me feel:

Important

Respected

Accepted

Included

Secure

Loved

Connection: “How Can I Help This Child?”

Enjoy children and youth- Invest your time.

Listen with Compassion

Build a Relationship of Trust- Connect to Them- Positive Relationship

Support Youth in Opening Up and Talking About Their Lives in Own Time

Have a Great Patience Muscle- Lack of patience equals frustration

Not Judgmental

Empathize

Recognize and Appreciate Diversity - Hair - Tattoos - Piercings - Slang

Help them discover their creativity. Innovation and talents change the world

Offer Suggestions While Not Being Emotionally Charged.

Continue to Support Them Even If They Let You Down or Are in Trouble.

Help Them Achieve Their Personal Goals- Help them feel valuable.

The Key is Being Consistently There For Them. Be Committed.

Let Them Know They Belong

6 Tips – How to Never Give Up

- Divorce Your Victim Story – Look Through a Different Lens. Have a New Perspective. Don't Spend a Long Time Feeling Sorry For Yourself.
- Find Your “Why”. Why Are You Doing This? Your Reasons? Then Follow Your “Why”.
- Be Honest With Yourself. Be Realistic
- Have a “Go-to” Song That Moves You, Inspires You to Keep Pushing Forward.
- Watch an Inspirational Documentary About a Person Overcoming Great Adversity.
- Identify Some Positives in Your Life

5 Things to Give Up

- Running From Your Problems – Face Your Issues and Fix it.
- Dwelling on Your Past Failures – Focus On Right Now, This Day.
- Procrastination – Take Responsibility for Your Life. The Best Time to Plant a Tree is 20 Years Ago, The Second Best Time is Now.
- Ungratefulness – Be Thoughtful and Appreciative
- Opinions About You – Don't Let Opinions Consume You.

Where do you invest emotionally?
In emotions that suck the life out of you?

or

Emotions That Power You Up

Take control of the force that
controls your life.

* What You Focus On Controls Your Life *

What is that force?

Human Emotions

Anger

Aggression

Anxiety

Depression

Doubt

Grief

Guilt

Hatred

Hostility

Pity

Regret

Shame

Suffering

Fear

Sadness

These Forces Are Shaping Your:

- Relationships
- Career
- Finances
- Joy or Unhappiness in Your Life

Your inner world determines your outside world

Emotions That Power You Up

Love

Gratitude

Passion

Excitement

Hope

Creativity

Determination

Faith

Forgiveness

Kindness

7 Things We Can Control

Attitude

Thoughts

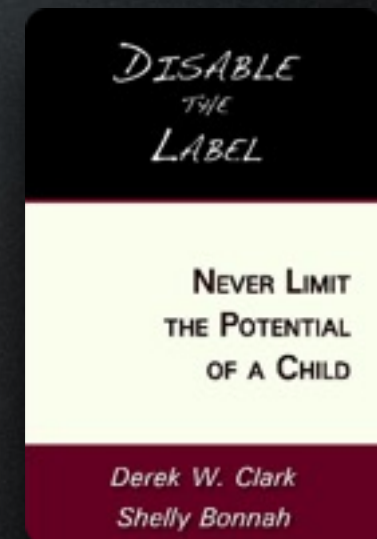
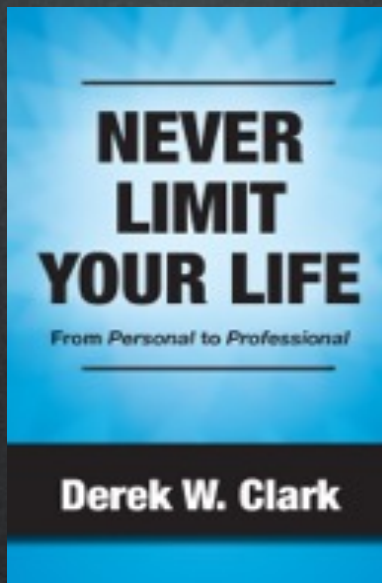
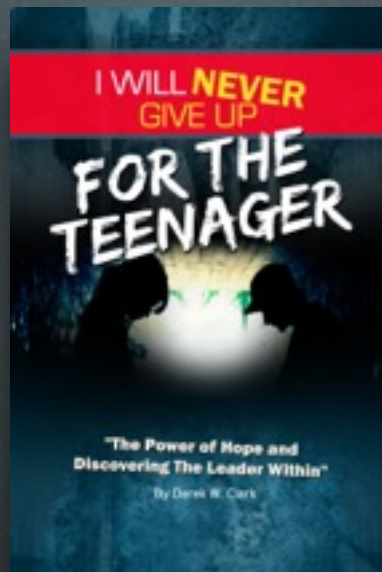
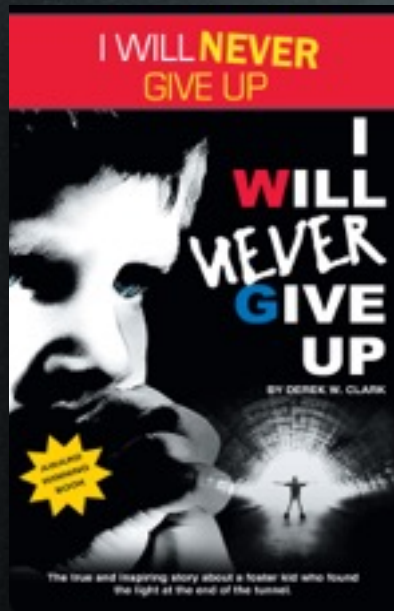
Actions

Reactions

Expectations

Effort

Self Value



Be Inspired

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