

**Disclaimer:** This seminar series utilizes Spiritual, Moral, Philosophical, Educational and Psychological concepts borrowed from many sources, cultures, mentors and faiths. It does not promote any one religion over the other and has at its' core a firm belief in a Higher Power, God or a Universal Sense. Some of the rhetoric may be deemed as offensive in language or content and is suited for an adult audience dealing with difficult, or abusive clientele and situations. It is meant as a map, and does not promote one system over another but rather a tempered model to be used as a continuum in conjunction with the business model and government guidelines for appropriate care facilities. No adults were harmed in the making of this Seminar. May contain course or offensive language, ideas, prayer, meditation or invocation, attendee discretion is advised.

Recommended Reading:

“A New Earth” Eckhart Tolle,  
“The Shack” William P. Young,  
“The Four Agreements” Don Miguel Ruiz  
“The Gods Themselves” Isaac Asimov  
“The Celestine Prophecy” James Redfield  
“Brave New World” Aldous Huxley

This class will be controlled by the desire and direction indicated by your staff. The classes are best (as they are interactive) in sessions of 12 participants. Justification and introduction of the performer will be AFTER the class. A typical class will depend on participation and will usually last longer than scheduled which is @ 2 hours with one 10 minute break. However the class is flexible and can be longer or shorter based on the desire and participation of the group. Everyone will wear name tags and job titles. The first few exercises are diagnostic in nature and each group will exhibit various needs and the seminar performer will be adroit enough to adapt to these needs and will take into account any area of concern by management. The materials will be adjusted accordingly, and will not give away the actual content of the seminars. An evaluation sheet will be filled out at the end of the course and the cost for each participant will be determined by that person based on their opinion of the degree of benefit achieved. Please review the sample evaluation sheet and Bio at the end of some of the materials.

“If its lousy, its free” is our motto

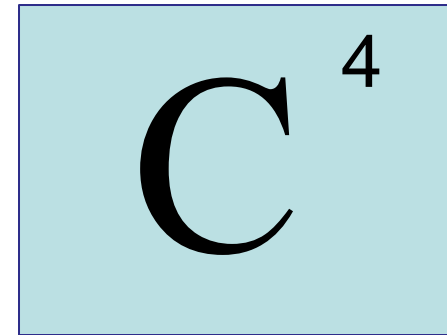
Who am I ?



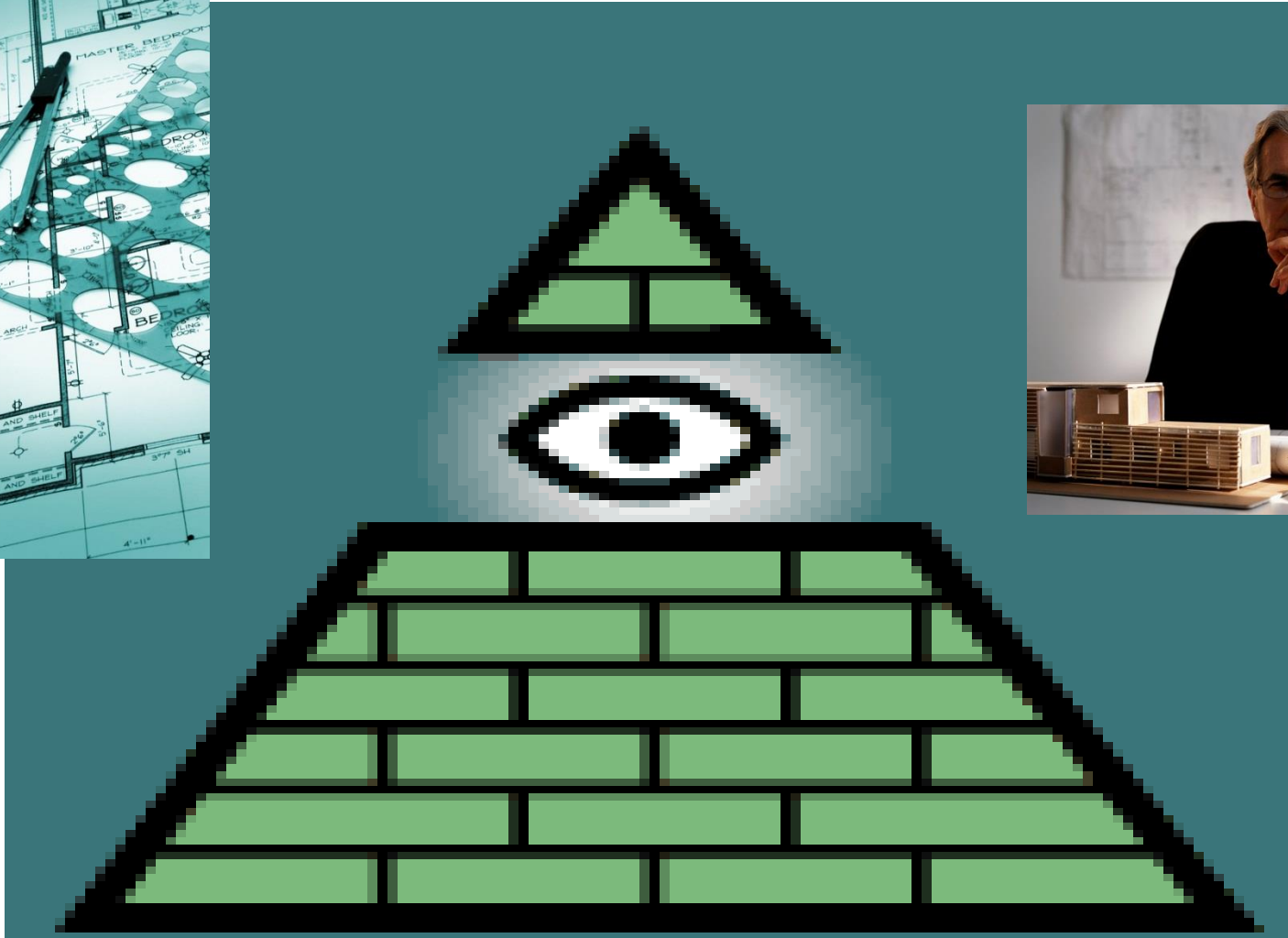
# Implementing the Team Building Model in 2012

YOU AND YOUR TEAM CHOOSE THE TOPICS THAT MATTER TO YOU! WE TEACH INTELLECTUAL ADROITNESS FOR MAXIMUM RESULTS

Collaboration  
Commitment  
Compromise  
Change

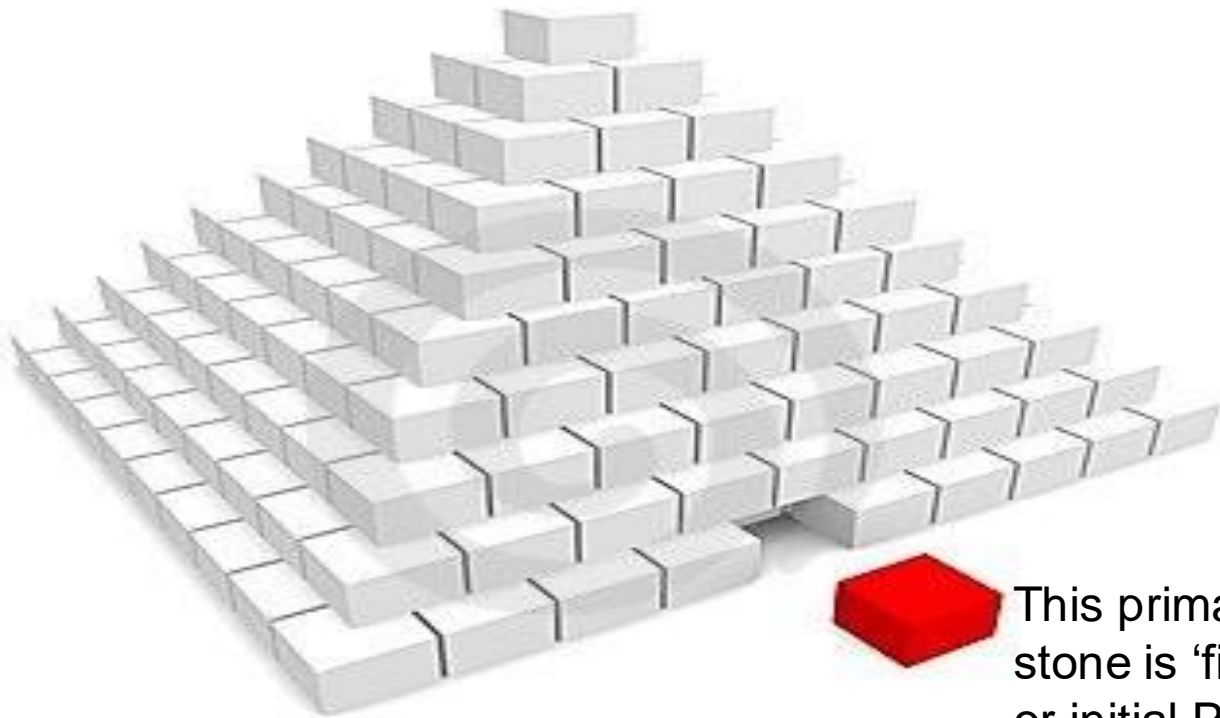


# 1. FILL IN THE TOP STONE OF YOUR LIFE BLUEPRINT, BE SPECIFIC WITH YOUR LIFE GOAL



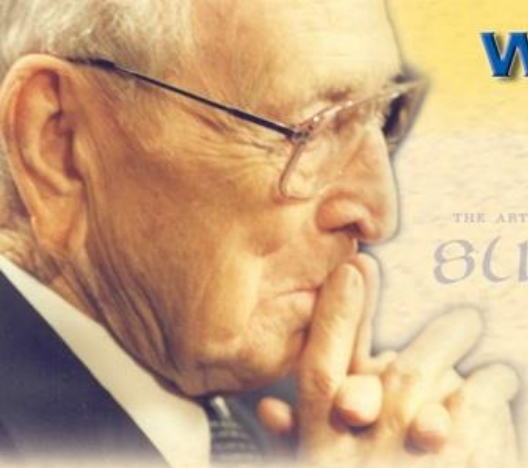
# 2. NOW, FILL IN YOUR FOUNDATION STONES, THESE 4 WILL SUPPORT YOUR PLAN...

NOW I WANT YOU TO BUILD YOUR PYRAMID DOING EVERYTHING  
CONTRARY TO ANY MORAL COMPASS, AS QUICKLY AS POSSIBLE



This primary red  
stone is 'first blood'  
or initial POISON

# WOODEN ON LEADERSHIP™



THE ART OF  
**SUCCESS**

## PYRAMID OF SUCCESS

*"Success is peace of mind which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable."*

John Wooden, Head Coach

SUCCESS

*Success is not a destination, it is a journey.*

*"Failure to prepare is preparing to fail"  
"Don't mistake activity for achievement."*

**ACHIEVEMENT**

True success comes only to an individual by self-satisfaction in knowing that you gave everything to become the very best that you are capable of.



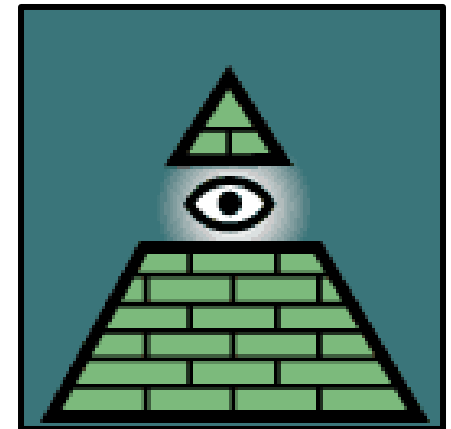
## 12 LESSONS IN LEADERSHIP

- |  |  |  |
|--|--|--|
| <b>1. Good Values Attract Good People</b>            | <b>5. It Takes 10 Hands To Make A Basket</b>   | <b>9. Make Greatness Attainable By All</b> |
| <b>2. Love Is The Most Powerful Four-Letter Word</b> | <b>6. Little Things Make Big Things Happen</b> | <b>10. Seek Significant Change</b>         |
| <b>3. Call Yourself A Teacher</b>                    | <b>7. Make Each Day Your Masterpiece</b>       | <b>11. Don't Look At The Scoreboard</b>    |
| <b>4. Emotion Is Your Enemy</b>                      | <b>8. The Carrot Is Mightier Than A Stick</b>  | <b>12. Adversity Is Your Asset</b>         |

[www.CoachJohnWooden.com](http://www.CoachJohnWooden.com)

Understanding the Natural World and its' Influence, as in Nature so goes  
the world:                    Group Discussion Topics

1. Discuss Erosion
2. Discuss Pollution
3. Usurious Behavior (Aviary Colony)
4. Discuss Criterion of Truth
5. Describe Utility
6. Discuss Socraton Logic
7. Discuss Ashley Montague for Self Esteem of women
8. Do not become a VICTIM of your own illusion
9. Discuss power of the Pejorative (veiled Insult)
10. Discuss cowardice versus courage
11. Recognize Ad Hominum
12. Power of Respect
13. Discuss Margin for error (Klara and Maria) in Advice
14. Discussion of the 5 Senses
15. Discuss the purpose of Spirituality
16. What if any are the Attributes of the Soul?
17. How do these factors bolster or deny a support system?
18. Contribution or Contamination



MAKE A NEW PLAN WITH YOUR NEW KNOWLEDGE



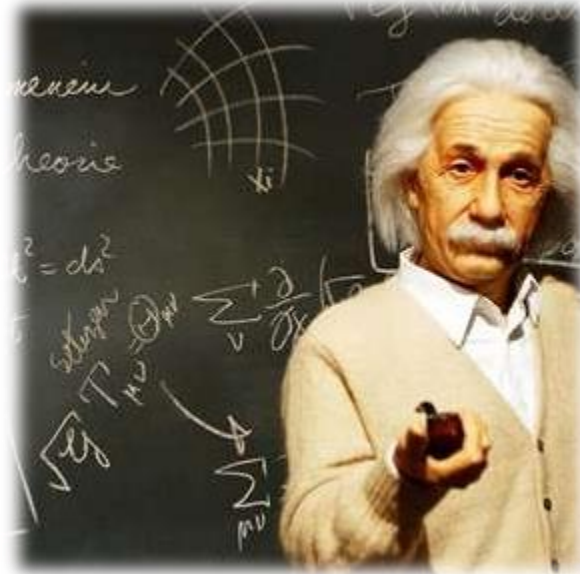
BY FIRE I WILL TEST MY GOLD

Copyright 2012 Carlin Design Consortium All Rights Reserved



# TEAM DISCUSSION POINTS

- What is the difference between Analysis and Judgment?
- Define “Margin for error” Clara & Maria
- We do one of 2 things on this Planet, what are these 2 things?
- What are the Four Agreements?
- Define Compromise
- Let someone else win
- Discuss the Crystalline Tablets
- What is “thinking in absolutes...”
- What is Diffusion?



*WE ARE SPIRITUAL BEINGS HAVING A HUMAN EXPERIENCE, NOT THE REVERSE...*



# SCIENTIFIC AMERICAN™

Dropping the F-bomb or other expletives may not only be an expression of agony, but also a means to alleviate it  
By [Frederik Joelving](#) | July 12, 2009 |

## Why do we Swear @#\$\$%& for pain relief ?!



Understanding Language is something that the professional is just going to have to get over, or get left behind and miss out on the pain that the patient is attempting to convey. So put aside your outrage and LISTEN to CONTENT not the form in which it is delivered.

**FRAK!** Swearing helps you tolerate pain. Image: EMILIO LABRADOR/FLICKR

**Supplemental Material**

Profanity Bleeps Physical Pain

Bad language could be good for you, a new study shows. For the first time, psychologists have found that swearing may serve an important function in relieving [pain](#).

The study, published today in the journal [NeuroReport](#), measured how long college students could keep their hands immersed in cold [water](#). During the chilly exercise, they could repeat an expletive of their choice or chant a neutral word. When swearing, the 67 student volunteers reported less pain and on average endured about 40 seconds longer.

Although cursing is notoriously decried in the public debate, researchers are now beginning to question the idea that the phenomenon is all bad. "Swearing is such a common response to pain that there has to be an underlying reason why we do it," says psychologist [Richard Stephens](#) of Keele University in England, who led the study.

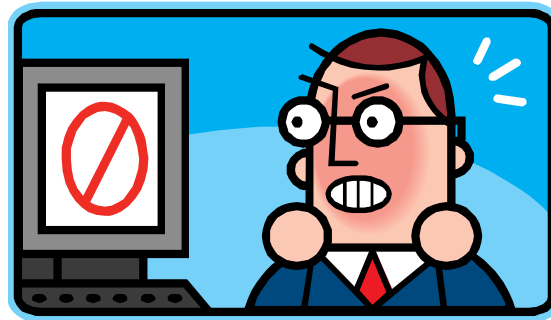
And indeed, the findings point to one possible benefit: "I would advise people, if they hurt themselves, to swear," he adds. How swearing achieves its physical effects is unclear, but the researchers speculate that brain circuitry linked to emotion is involved. Earlier studies have shown that unlike normal language, which relies on the outer few millimeters in the left hemisphere of the brain, expletives hinge on evolutionarily ancient structures buried deep inside the right half.

One such structure is the amygdala, an almond-shaped group of neurons that can trigger a fight-or-flight response in which our heart rate climbs and we become less sensitive to pain. Indeed, the students' heart rates rose when they swore, a fact the researchers say suggests that the amygdala was activated.

. Earlier studies have shown that unlike normal language, which relies on the outer few millimeters in the left hemisphere of the brain, expletives hinge on evolutionarily ancient structures buried deep inside the right half.

One such structure is the amygdala, an almond-shaped group of neurons that can trigger a fight-or-flight response in which our heart rate climbs and we become less sensitive to pain. Indeed, the students' heart rates rose when they swore, a fact the researchers say suggests that the amygdala was activated.

That explanation is backed by other experts in the field. Psychologist [Steven Pinker](#) of Harvard University, whose book *The Stuff of Thought* (Viking Adult, 2007) includes a detailed analysis of swearing, compared the situation with what happens in the brain of a cat that somebody accidentally sits on. "I suspect that swearing taps into a defensive reflex in which an animal that is suddenly injured or confined erupts in a furious struggle, accompanied by an angry vocalization, to startle and intimidate an attacker," he says.



That explanation is backed by other experts in the field. Psychologist [Steven Pinker](#) of Harvard University, whose book *The Stuff of Thought* (Viking Adult, 2007) includes a detailed analysis of swearing, compared the situation with what happens in the brain of a cat that somebody accidentally sits on. "I suspect that swearing taps into a defensive reflex in which an animal that is suddenly injured or confined erupts in a furious struggle, accompanied by an angry vocalization, to startle and intimidate an attacker," he says.

But cursing is more than just aggression, explains [Timothy Jay](#), a psychologist at the Massachusetts College of Liberal Arts who has studied our use of profanities for the past 35 years. "It allows us to vent or express anger, joy, surprise, happiness," he remarks. "It's like the horn on your car, you can do a lot of things with that, it's built into you."

In extreme cases, the hotline to the brain's emotional system can make swearing harmful, as when road rage escalates into physical violence. But when the hammer slips, some well-chosen swearwords might help dull the pain.

There is a catch, though: The more we swear, the less emotionally potent the words become, Stephens cautions. And without emotion, all that is left of a swearword is the word itself, unlikely to soothe anyone's pain.



In the beginning there was Wisdom and it was good...

Not everything a man knoweth, should be disclosed, nor every disclosure be considered timely, nor every timely disclosure be suited to the hearer. Baha'u'llah Persian Prophet

Taking a Stand...

The hottest fires of Hell are reserved for those who when faced with a Moral Dilemma choose to remain neutral. Dante, 15<sup>th</sup> century author of "The Inferno"

Atomic energy prophesied...

Split the heart of the Atom, and lo, therein ye shall find the Sun..  
One surah from the Koran written in 610 AD  
(The Koran mentions Jesus 25 times)



On Atheism...

When I die and IF I meet God, I will apologize and say I just did not know...Bertrand Russell  
20<sup>th</sup> century Philosopher and Atheist


Lie

Sticks and stone will break my bones but words will never hurt me.

Regret

The moving finger having writ moves on and for all your piety nor wit, shall lure it back to  
cancel half a line nor all your tears wash out a word of it...  
'The Rubaiyat' from Omar Khayyam Poet 1048 AD


"Great spirits have always encountered violent opposition from mediocre minds" Einstein



*Inherent Social Mores and Cultural Imprints by Race per Dr. Nichols treatise on Cross Cultural Axiology (Synopsis)*


The purpose of this discussion is not to convince nor argue, but merely to introduce a modern outlook into inner personal dialogue.

Discuss the following statements from this treatise. Time is a measure.




**The White Race is Inherently Superior and the worst catastrophe that can occur is the loss of material wealth which can alter personal image.**

**Discuss 1929. Lack of punctuality is considered a lack of class or character. Spontaneous Judgment.**



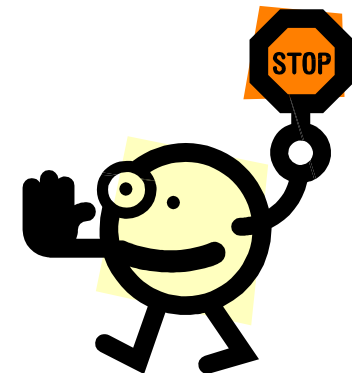
**The Black Race is Inherently Suspicious and the worst catastrophe is Disrespect. Supply Statistical proof. Most likely end of life in ages 14 to 45. Time, has little status within this population, explain why. Discuss hibernation effect on Brain of ALL humans. Trust has to be earned.**



**The Asian Race is inherently influenced by Community Status and the worst insult is reflected as an insult to ALL. Tardiness is a massively important insult, given or received and reflects on the ENTIRE community. Shame is worse than death.**

## *A NEW PARADIGM SHIFT, THE MASSIVELY IMPORTANT SOLUTIONIST COMMANDMENTS*

1. The Solutionist is fair and objective
2. The Solutionist is NOT reactive
3. The Solutionist is a master of Listening
4. The Solutionist is a master of Compromise
5. The Solutionist can admit errors and is courageous
6. The Solutionist can apologize without feeling diminished
7. The Solutionist is RESPONSIBLE
8. The Solutionist does not Blame
9. The Solutionist never humiliates another individual
10. The Solutionist is NOT unduly emotional
11. The Solutionist is Fair and Equitable
12. The Solutionist is accessible and approachable
13. The Solutionist never makes decisions, drunk, angry or under stress
14. The Solutionist understands the Dynamics of relationships, ebb and flow
15. The Solutionist practices the Dynamics of Prayer or Meditation
16. The Solutionist understands the criteria of Solution and its' mandate
17. The Solutionist knows the myriad of possibility and priority of outcome
18. The Solutionist is inherently positive
19. The Solutionist believes there are no accidents.
20. The Solutionist can ask for help
21. The Solutionist would rather have a NO than a maybe.



Discuss studies of near death experiences



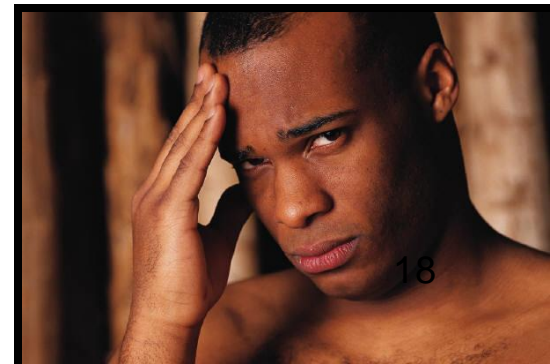
# How to find a Solution.

- Breakdown the problem into 3 parts:
- ***Urgent (Crisis) divide into 3***
- ***Moderate into 3 parts also***
- ***Manageable, set aside for the moment***
- Now take each phase of the problem and handle it in the same 1 to 3 formula.
- Once you have formed this Triad of Solution, make a separate sheet for each so it looks less complicated.



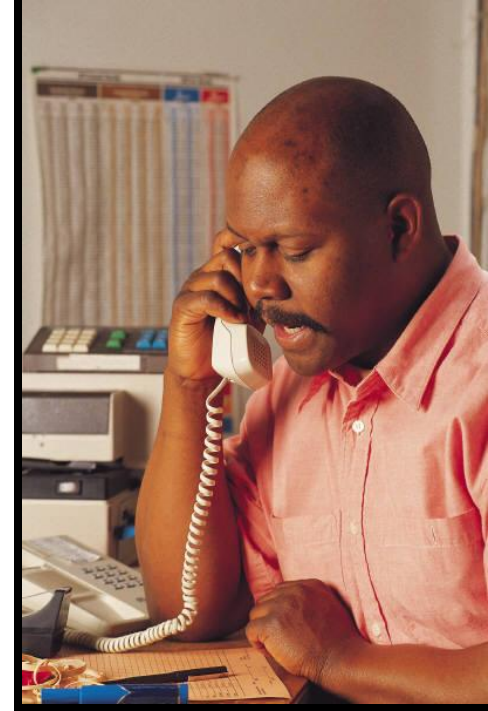
# Phase 2

- **Define Players. Is there anyone who can help?**
- **Rate the players on a scale of 1 to 10 number 1 being the most skillful and number 10 the least valuable to the situation.**
- **Is there a possibility of a compromise BEFORE calling the Players? Can the problem be solved with a small discount in your viewpoint, maybe back-off and see what happens in the next 24 hours? Separate emotions from fact. Calm down, breathe and think what advice you would give to someone else in this situation.**
- **Only talk to Players rated 6 and above.**



Define what each Player can do to create harmony out of chaos.

Make a list of Player Skills and rate those skills 1 to 10.



Sometimes the skills you need will come from Players who have a softer approach instead of a perceived 'powerhouse', remember to keep your **Goal** in mind. Always seek a second opinion.

You want a Solution not a War of Ego's.



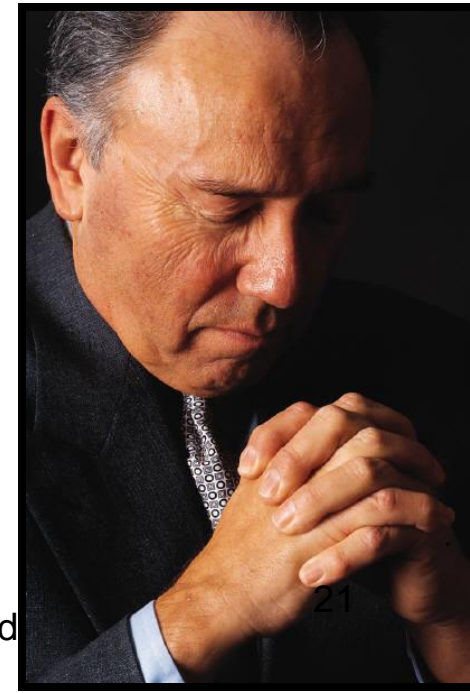
# The Anti-Panic Commandments!

1. **IF POSSIBLE, sleep on it. Wait a full 24 hours if the crisis can be postponed. Some issues resolve themselves.**
2. **Make sure you can clearly define the problem as BELONGING to you. Is it really YOUR problem? Answer this question twice!!**
3. **Do NOT make any decision IMPAIRED (drugs and alcohol), Angry, Stress or under Duress (Car Dealers).**
4. **Do NOT rely on others to decide. Take counsel with others but assume TOTAL responsibility for the decision. This will automatically increase your power and reserves, for future problems.**
5. **Make friends of problems. Tests are a natural consequence of living and are absolutely necessary to decipher leadership qualities.**
6. **Embrace the Challenge, ask the Universe for assistance. This means Pray, Meditate, Perform a random Act of Kindness with no thought of repayment. This provides reserves because you will naturally feel good.**



## Utilize the Dynamics of Prayer

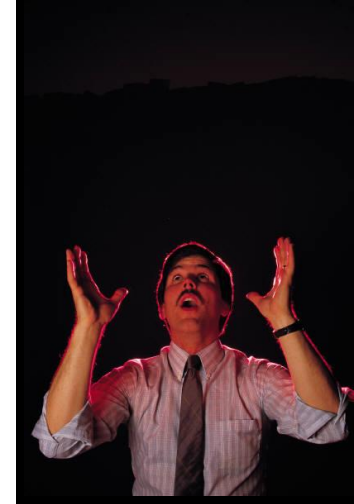
- **Do NOT rely on others to decide. Take counsel with others but assume TOTAL responsibility for the decision. This will automatically increase your power and reserves, for future problems.**
- **Make friends of problems. Tests are a natural consequence of living and are absolutely necessary to decipher leadership qualities.**
- **Embrace the Challenge, ask the Universe for assistance. This means Pray, Meditate, Perform a random Act of Kindness with no thought of repayment. This provides reserves because you will naturally feel good.**



# COMMANDMENTS CONTINUED

- 7. Do NOT rely on others to decide the answer for you. Take counsel with others but assume TOTAL responsibility for the decision. This will automatically increase your power and reserves, for future problems. On down the road some perceived mistakes become blessings.**
- 8. Make friends of problems. Tests are a natural consequence of living and are absolutely necessary to incubate leadership qualities.**
- 9. Embrace the Challenge, ask the Universe for assistance. This means pray, meditate, perform a random act of kindness with no thought of repayment. This kind of synergy rejuvenates moral reserves and gives power to core values.**
- 10. If you have done your best, accept the rest. Move on.**

# Active Assessment

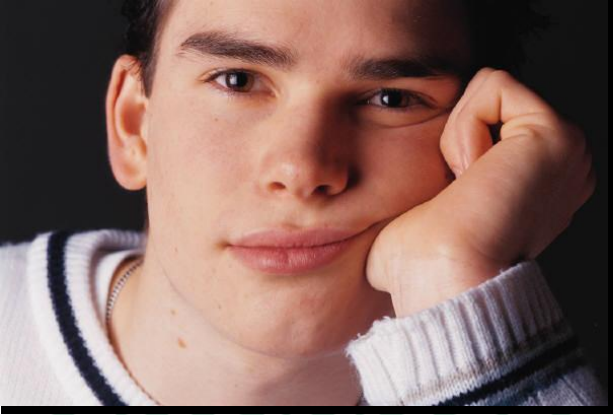


- People tend to MIRROR your emotions.
- If you Relax, they Relax.
- Lower your voice and practice at least 2 ways of saying a complaint, that does NOT insult the hearer. Put yourself in the other guys place.
- Write down a ‘script’ to answer insulting remarks, ie., “Thank you for having the courage to tell me exactly how you feel. I promise to consider what you have said carefully and I will try and do better”. This is more effective than ‘F... You!’, and you will be perceived as really smart, with a large vocabulary.

# Separate out Money problems

- *There is no Crisis involving money.* Let me repeat this to you as you will have to tell yourself this over and over until you actually believe it.
- Problems involving money are ALWAYS in the Moderate or Manageable sections of Solutions.
- If you cannot grip this Concept, you have just diagnosed another problem that needs solving that being your ability to recognize priorities.
- Learn the definition of a Priority.
- *A Priority is anything that will impact the happiness of the people you love,* once you have separated out selfish motives (spoiled kids, controlling lovers, manipulation.) You will have to determine honestly through your own barometer of value.





# CRITICAL THINKING SKILLS



Crisis prevention  
& Relationship building



# TALK TO ME LIKE I'M 3, PERSONAL DIAGNOSTIC

1. What is the most important, if not the ONLY vital SKILL?
2. What do you consider the HIGHEST CALLING?
3. Define INHERENT
4. Define CRITICAL
5. What is the CAUSE of beauty as defined by our culture?
6. Whom do you admire for the last decade?
7. Whom do you admire for the last century?
8. Have you heard the Term Cross Cultural Axiology?
9. Could you commit murder?
10. Explain your Answer
11. How do you determine VALUE
12. Define Myriad
13. Define Matrix
14. Name 3 non-religious Heroes
15. Is "Change" a dirty word?
16. Do you plan what you will answer, before the last question?
17. If so how often?
18. What do you hate?
19. How often are you honest? (Some, Most, All)
20. Do you consider suspicion healthy?



## LOUSY LEADERSHIP STYLES, CHOOSE ONE

The one trick Pony style Clinician  
Always gives, but is unable to receive  
Feels subconsciously Superior  
Wields a Hammer and everyone is a Nail  
How does this individual progress?

A



The cowardly Lion seeks advice on everything so that someone else can be blamed for failure.  
Risk taking is a dirty word.  
This individual often has a sense of entitlement.  
How does this individual progress?

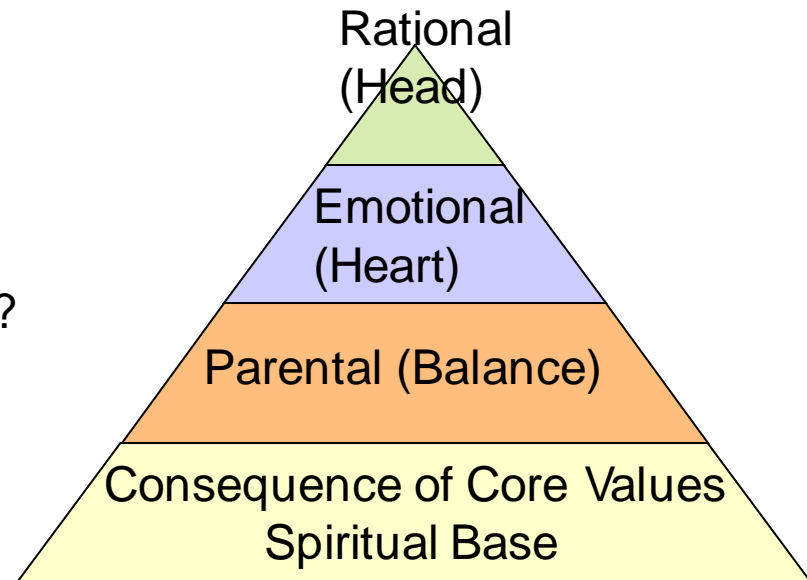
B

The Psychic Defender reads your mind  
This person knows you better than you know yourself  
Participates in manipulation, rather than real dialogue  
This person is inherently superior by birthright  
How does this person progress?

C

## UTILIZING THE TRIAD, TOP DOWN

- Define Resentment
- What is its' purpose?
- Define Envy
- What is its' purpose?
- What is Sublimation?
- How does it apply to the Team?
- Is Honesty always the best policy?  
**Defend your position**
- Is Truth subjective?  
**Defend your position**
- In a Team does Majority Rule?  
**Defend your position**
- Conflict
- Can Resolution be a catalyst toward Resentment or vice versa?
- Consider trial resolution, is it feasible?
- Who has the final say?
- Define the role of Compassion in conflict resolution
- Is it beneficial to think in Absolutes?



# Unsaddle and take off yer Spurs

Did you enjoy your Class? Yes No

Did you learn something new? Yes No

Did you learn something you had NEVER considered before? Yes No

Will you apply anything to your life from this class? Yes No

What would you like MORE of in this class? \_\_\_\_\_

What was your favorite part? \_\_\_\_\_

What did you dislike? \_\_\_\_\_

Circle one, Did you **Love** or **Hate** something about todays class?

Please Describe \_\_\_\_\_  
\_\_\_\_\_

How valuable was your time spent here today? Circle one please

**OK**, **Somewhat**, **Well Spent**, **Very Rewarding**, or **It Sucked**

Circle One, Do you think your Host should receive any pay for this class? Yes No or Gas \$\$ out of town

What would be fair per person? \$ \_\_\_\_\_

No, it sucked and I think Free is fair.



Joy Carlin is a survival strategist and a solutions technologist.

Her myriad experience reaches from private consulting with Gerber Industries on research and development, to imagineering housing projects throughout Oregon and Washington. Her managerial and real estate background has allowed her an understanding of the basic needs that drive a consumer market. Her research company has recently been instrumental in developing a senior housing and family friendly development in Oregon for Cook Development under Tax-Credit criteria. She has single handedly developed marketing strategies for Northwest Twinstar and became acting Director for E.C.I. Corp. a development company.

Her background has given her insight into the daily challenges faced by managers and supervisors. Her practical experience as an executive, business owner and consultant, has allowed her the opportunity to work within a variety of company structures and view them from the inside out. She has written junior text books in math and science and developed seminars and training material for various businesses including U.S. Army recruiters combining both keynote and seminar development, with guest speaker status for the School of Social Work at PSU, in Portland. Her programs are packed with energy, dynamic humor and no-nonsense information. She is a specialist in showing supervisors, managers and key support people how to put the most into and get the most out of their career and personal lives. Her multifaceted experience extends over a 30 year period providing insight into staff administration, consumer product development and private business counseling. She has supervised people and understands why they act and react the way they do. Cognizant of diverse cultural axiology and cross-cultural communications lends continuity to her ability. Joy passes on what she has learned through her training in psychology and behavioral sciences. She has designed many popular consumer products currently available in today's marketplace while consulting for other firms. Her entrepreneurial spirit has allowed her to own her own businesses for the last 10 years and currently is a behavior therapist for geriatric patients within her own private nursing facility. She has spent years studying market driven strategies with a keen understanding of the female purchasing dynamic in the current marketplace. She has enjoyed supervisory and managerial positions since age 23 when she became personnel director of the Riata Casino in Las Vegas. She is a savvy businesswoman who manages to piss off nearly every man she meets.