

Local Real Estate Author Provides Essential Tools for Professionals to Overcome Set Backs and Loss by Learning Resiliency Techniques.

Suicides among the Rich and Famous!

Addiction spikes in prescription and street Drugs!

School shootings...!

What do these crises have in common? When something goes wrong, too many people have no way to deal with a disappointment or problem. Instead, they turn to negative and destructive answers and because of their reaction, they fall into a downward spiral, sometimes with no way out. When they see themselves as victims, they lose their true power to turn things around.

In this workshop presentation, the author shows through authentic stories how resiliency was gained for herself and the people she served. Some of the important points made are:

- The circumstances do not dictate the results of your situation; it is your response that creates it.
- Don't give up! Even when you don't admit it, you can sabotage your progress.
- Stop believing your sad story about being a victim. Instead become the Hero of your own life.

Judy Ames Stephens, the Award-winning Author of "BOUNCE BACK, 12 Transforming Tales from The Resilient Realtor" will be presenting programs in San Diego Libraries, Service Clubs, Homes for Recovering Addicts, Survivors of Abuse and Youth at Risk. She is scheduled at Chula Vista public Library, the HUB in Otay Ranch Town Center on Sat June 23, 2018 from 5pm to 6:30pm and El Cajon Public Library Thursday August 2, 5:30pm-7pm

She will be giving a short to full length presentation about the 10 resiliency tools and will customize for each group.

Quote from Adam Markel, Former CEO of New Peaks Training Programs: *"Resilience is about being strong, taking a beating, and then coming back as something greater. When you are resilient, you become like a spring, meeting an opposing force and bouncing back again."*

ARE YOU A VICTIM OR A HERO?

Is your story about success or is it a sad story of excuses? The Hero's path is always about overcoming fear and adversity through determination and courage. This book will show you the path you need to walk to become the Hero of your own life whether in business or in your personal relationships.

Judy Ames Stephens is a full time successful realtor in San Diego and South Bay. Together with her husband Bill, they achieved many awards and high production. With his passing, Judy was forced to regroup and turned to her earlier training in self-development to deal with her loss. Gaining new perspective and hope inspired Judy to write "Bounce Back" with a strong authentic desire to make a difference in others' lives, giving meaning to her own and to her beloved Bill.

