



Achieve Intentional Transformation

HOW TO RISE FROM TRAUMA & CRISIS AND
RECLAIM YOUR LIFE

BY: DR. LEONIE H MATTISO, Ed.D, MBA



ARE YOU READY TO RISE FROM TRAUMA
AND CRISIS AND

Reclaim Your Life

Welcome



PRESENTED BY: DR. LEONIE H MATTISON, Ed.D, MBA

VISION: Transform People to Impact the World

MISSION: Help people achieve intentional transformation.

PURPOSE: To inspire and empower others to discover and maximize the best versions of themselves and live their highest purpose.

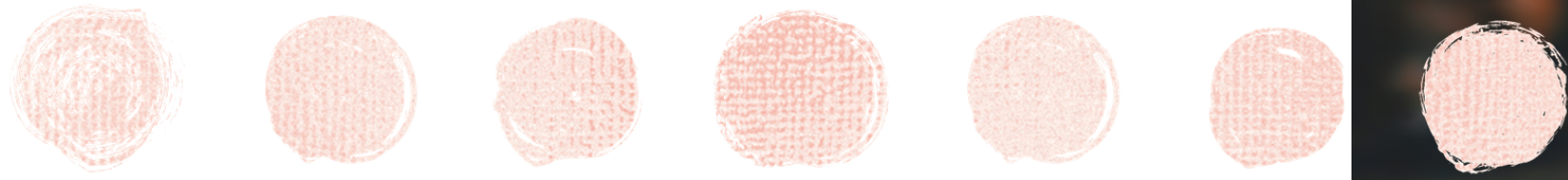
*My mission
is your
transformation*



Does this describe you?

- 1 You were raped, molested, or abused as a child and **feel dishonored and unworthy?**
- 2 You were/are in a relationship with a partner or who belittles and shames you and you **feel unloved?**
- 3 You've made some mistakes in the past & still **feel guilty and ashamed?**
- 4 You're dealing with the loss of a loved one, or a job or a business and **feel overwhelmed with grief?**
- 5 You're dealing with a health, emotional or financial crisis and **feel like giving up?**

these are crisis create trauma!...



Let's get started.....

Think of something that you're struggling with to
get over. Write it down!



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T.H.R.E.A.D

Six-Steps to Achieve Intentional Transformation

1

I

THINK

Know who want
to become
/outcome you want
to acheive

2

H

HARVEST

Examine the old
patterns that's
hindering you from
becoming the
'woman you say you
want to be

3

R

RELEASE

Use a three-step
tool to release
these painful
patterns

4

E

ENLIST

Identify people or
resources you can
enlist to support
your intention

5

A

ADAPT

Manage your
thoughts so you
can adapt a new
mindset

6

D

DESIGN

Make your dream a
reality and
welcome the new
you into your home

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Step 1

T-Think

Becoming more self-aware



1. Who do YOU want to become?

- Maybe you want to become a....
 - Successful Business Owner
 - Self-Assured College Graduate
 - Confident Boss Lady

Write it down

I am Statements

I AM

I AM

I AM

I AM

I AM

I AM

I AM

I AM

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T.H.R.E.A.D

Six-Steps to Achieve Intentional Transformation

Step 1

I

H

HARVEST

R

RELEASE

E

ENLIST

A

ADAPT

D

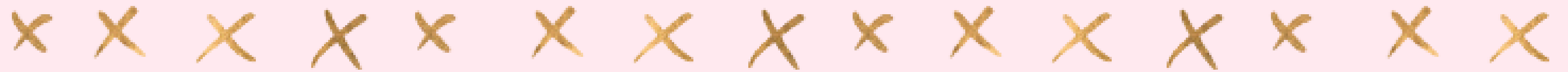
DESIGN

THINK

You know who you
want to become

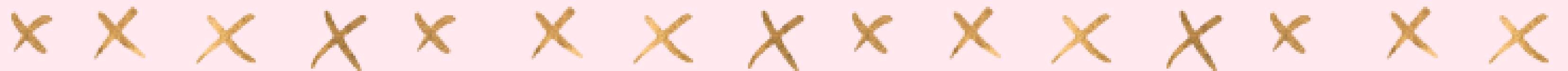
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"When a woman knows her
value, she doesn't discount it's
worth!"

Leonie H. Mattison



Step 2

H-Harvest

self-reflection



- What have I learned so far?
 - Maybe you.....
 - people please
 - keep attracting the wrong people in your life
 - overspend

Write it down

Maybe you....

- realize that you tend to **invite or attract** partners into your life that belittle you or treat you poorly when dating. There's a pattern in all of these relationships that you've overlooked before.
- keep **choosing and staying** in dead-end jobs or unprofitable business ventures, or soul-draining groups where you feel unfulfilled, or are left feeling frustrated, overlooked, and exhausted, not making enough money or achieving the success you envision.
- feel like you have to be **everything to everyone** versus saying no so to things that distracts & drain your energy, so you can get in touch with what's important to you.
- struggle with your own reflection when you look in the mirror. **Body image** is a real and common battle many American women face day-to-day.

Lessons Learned

1

2

3

4

5

MY UNHEALTHY
BEHAVIORS ARE:

1

2

3

4

5

MY UNHEALTHY
PATTERNS ARE:



T.H.R.E.A.D

Six-Steps to
Achieve Intentional
Transformation

Steps 1

Steps 2

I

THINK

YOU know who
you want to
become

H

HARVEST

YOU'VE examined
examined past
patterns &
behaviors

R

RELEASE

E

ENLIST

A

ADAPT

D

DESIGN

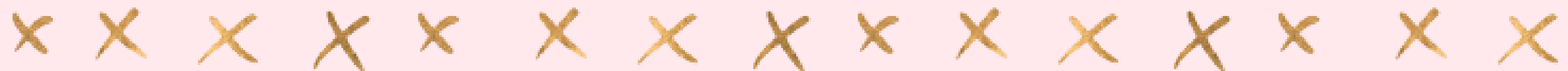
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*"What you give your attention to
will manifest your intention"*

Leonie H. Mattison



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Step 3

R- Release



Letting go

- What do YOU need to let go of to become the woman YOU say YOU want to be?
 - Maybe ...
 - Old relationships
 - Old phone numbers
 - Self-limiting beliefs about myself

Write it down





T.H.R.E.A.D

Six-Steps to
Achieve Intentional
Transformation



Step 1

I

THINK

YOU know who
you want to
become

Step 2

H

HARVEST

YOU'VE examined
examined past
patterns &
behaviors

Step 3

R

RELEASE

YOU'VE released
the things that do
not serve you

E

ENLIST

A

ADAPT

D


DESIGN

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Values Worksheet

List the top three things you value the most and why...



I value:



I value



I value:

Stay. Release. Adopt

Three steps to releasing old mindsets, unhealthy patterns and behaviors

Stay

Things you want to keep

- 1.
- 2.
- 3.
- 4.
- 5.

Release

Things you want to let go of

- 1.
- 2.
- 3.
- 4.
- 5.

Adopt

Things you bring into your life

- 1.
- 2.
- 3.
- 4.
- 5.

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T.H.R.E.A.D

Six-Steps to
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Transformation



I

THINK

YOU know who
you want to
become

H

HARVEST

YOU'VE examined
examined past
patterns &
behaviors

R

RELEASE

YOU'VE used the
three-step tool to
release the things
that do not serve
you

E

ENLIST

A

ADAPT

D

DESIGN

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THE THREAD COLLECTION

ROMANS 8:28

MY ACHIEVE INTENTIONAL TRANSFORMATION JOURNAL

WEEK 1

My intentions for this week:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

OVERVIEW OF THE THREAD STEPS

Introduction

W.A.I.T[®]

Six-Step THREAD Sytle

1. FORM
Form your intention into a clear, specific, and measurable statement.

2. ASSESS
Assess your current situation and identify the areas that need change.

3. SELECT
Select the specific actions you will take to achieve your intention.

4. ASSESS
Assess your progress and identify the areas that need adjustment.

5. ASSESS
Assess your progress and identify the areas that need adjustment.

6. ASSESS
Assess your progress and identify the areas that need adjustment.

WELCOME!

FREE GIVEAWAY

Lemce Mattison

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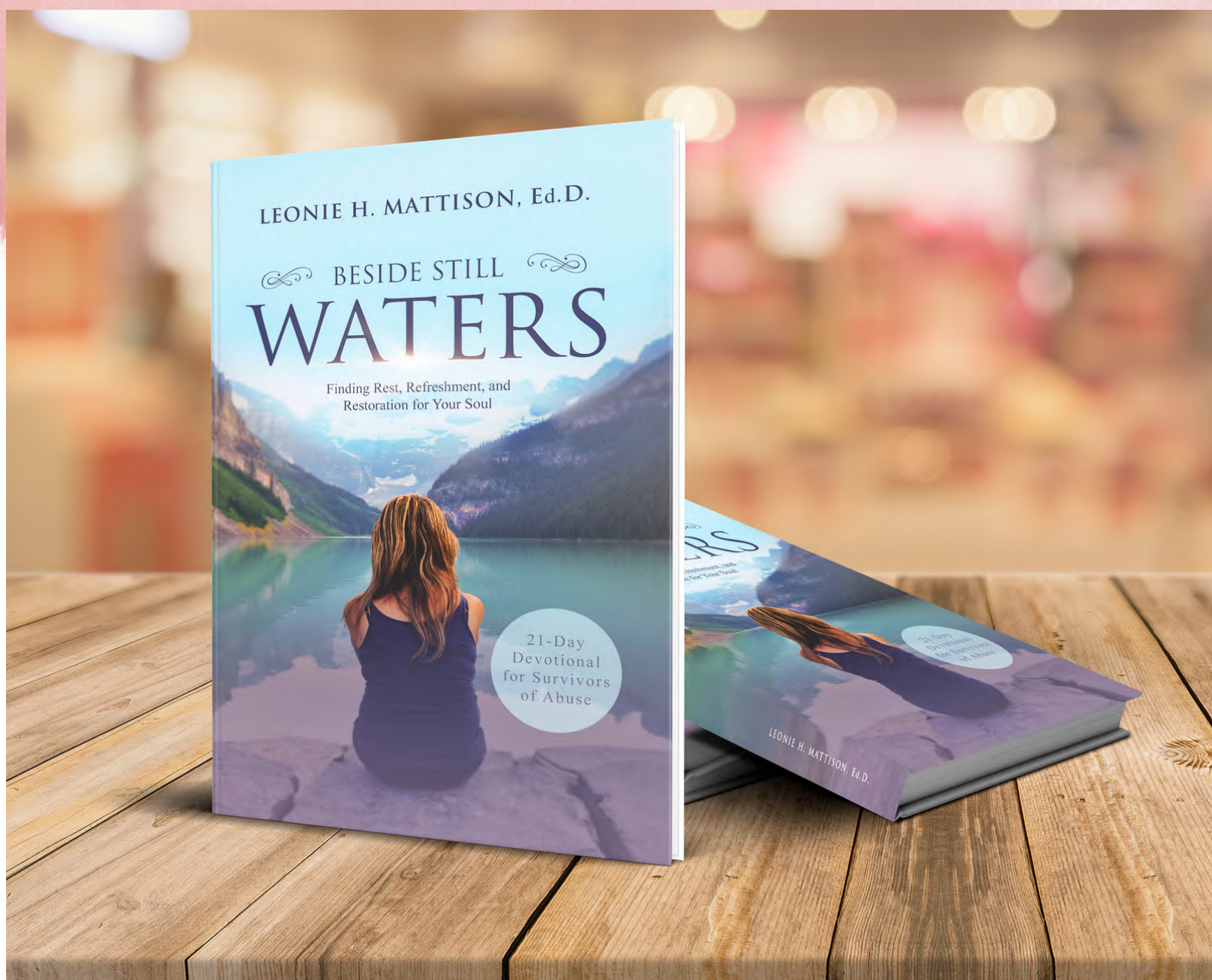


Beside Still Waters

A delightful 21-Day Devotional Journal

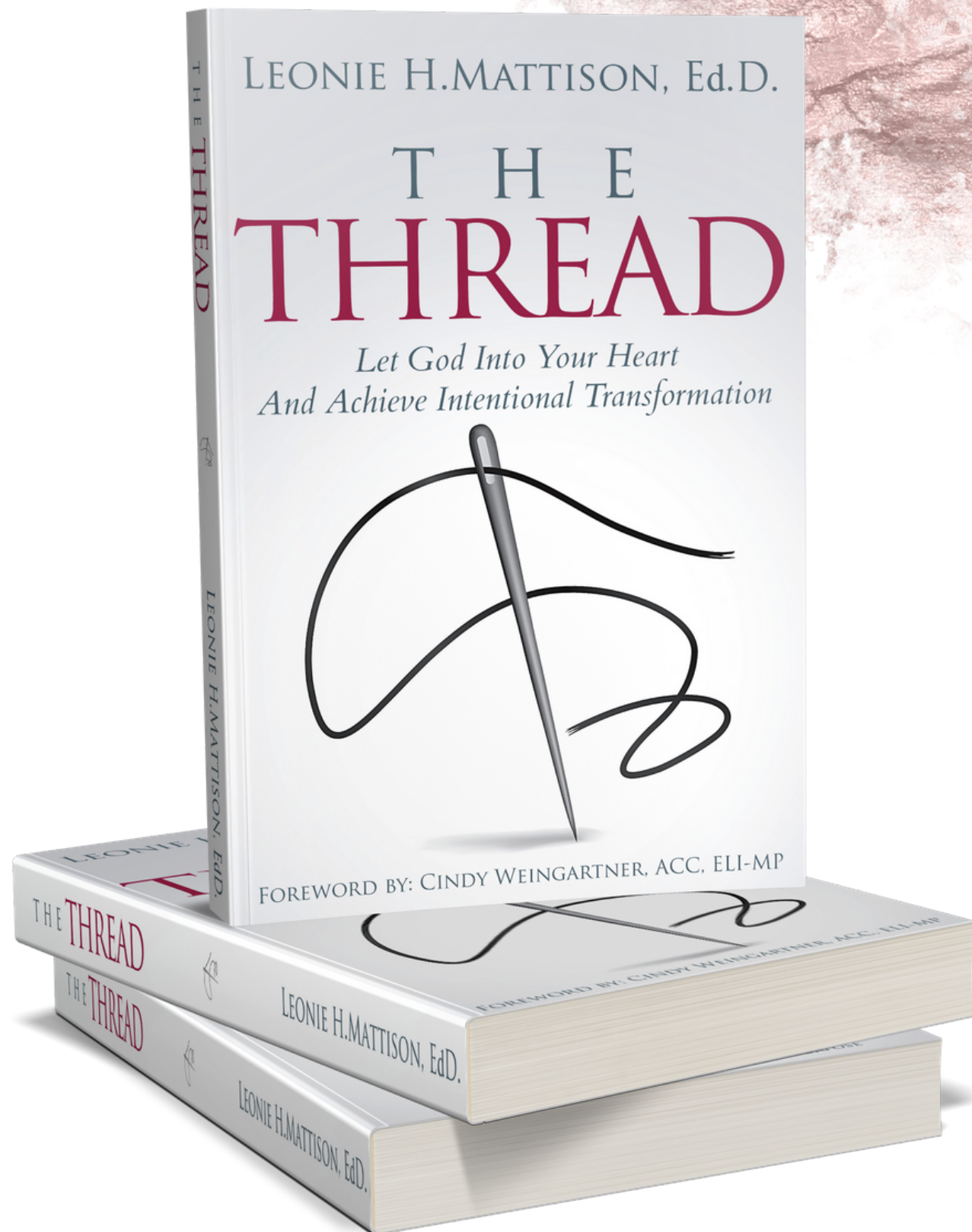
This delightful 21-Day Devotional Journal offers encouragement and inspiration to help you rest your heart, quiet your soul, and meditate on the refreshing and restorative life-giving Word of Truth.

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The Thread

Christian self-help



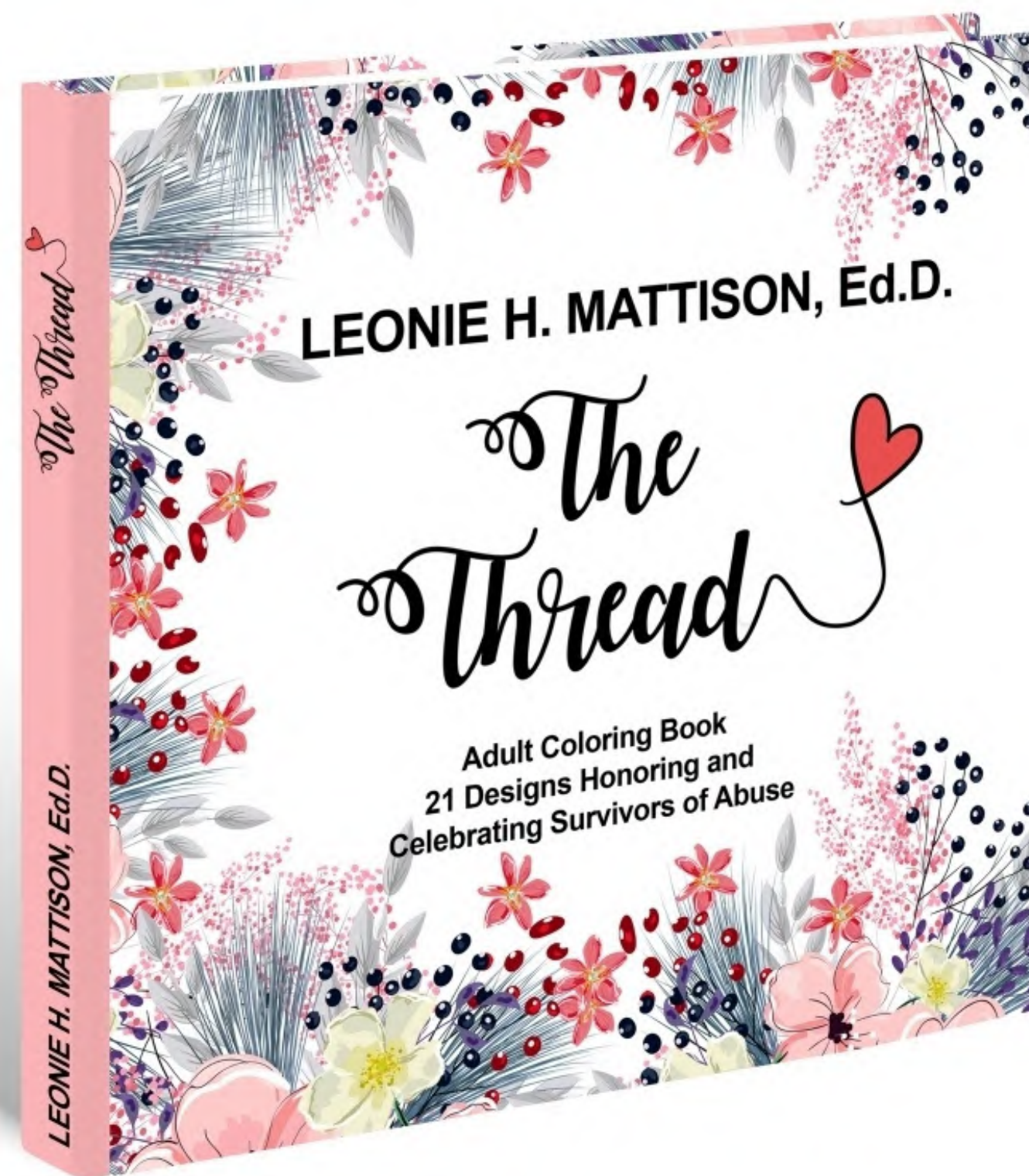
The Thread will share with you personal experiences, prayers, poetry, activities, and journal prompts which will guide, inspire and encourage you day-by-day through your healing journey.

ORDER : www.leoniemattison.com

An adult coloring book filled with 21 designs, bible quotes, inspirational messages, affirmations, and activities to uplift your soul. This Christian coloring book for trauma survivors and supporters lets you delight yourself in coloring while also deepening your relationship with the Lord.

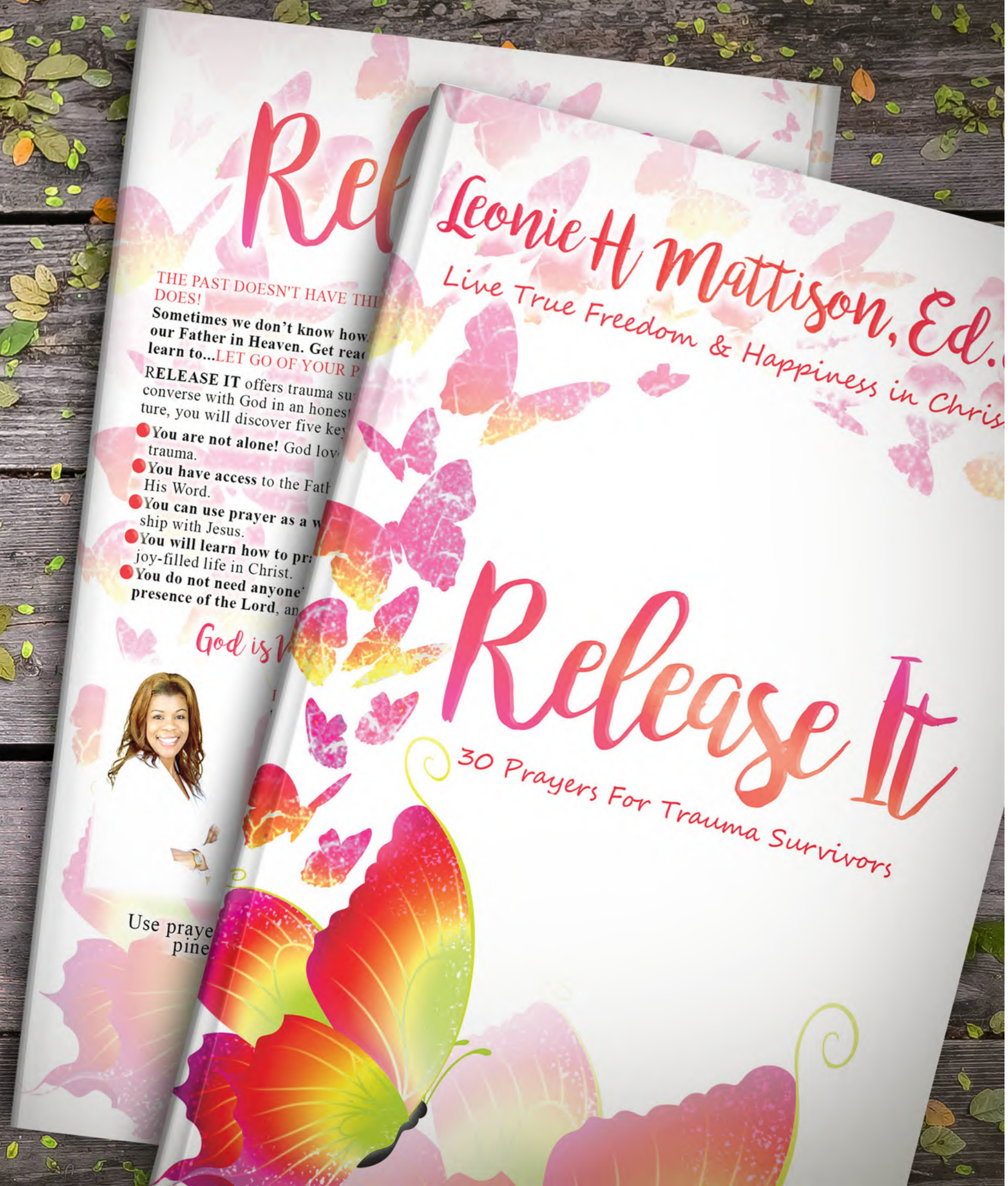
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The Thread Adult Coloring Book

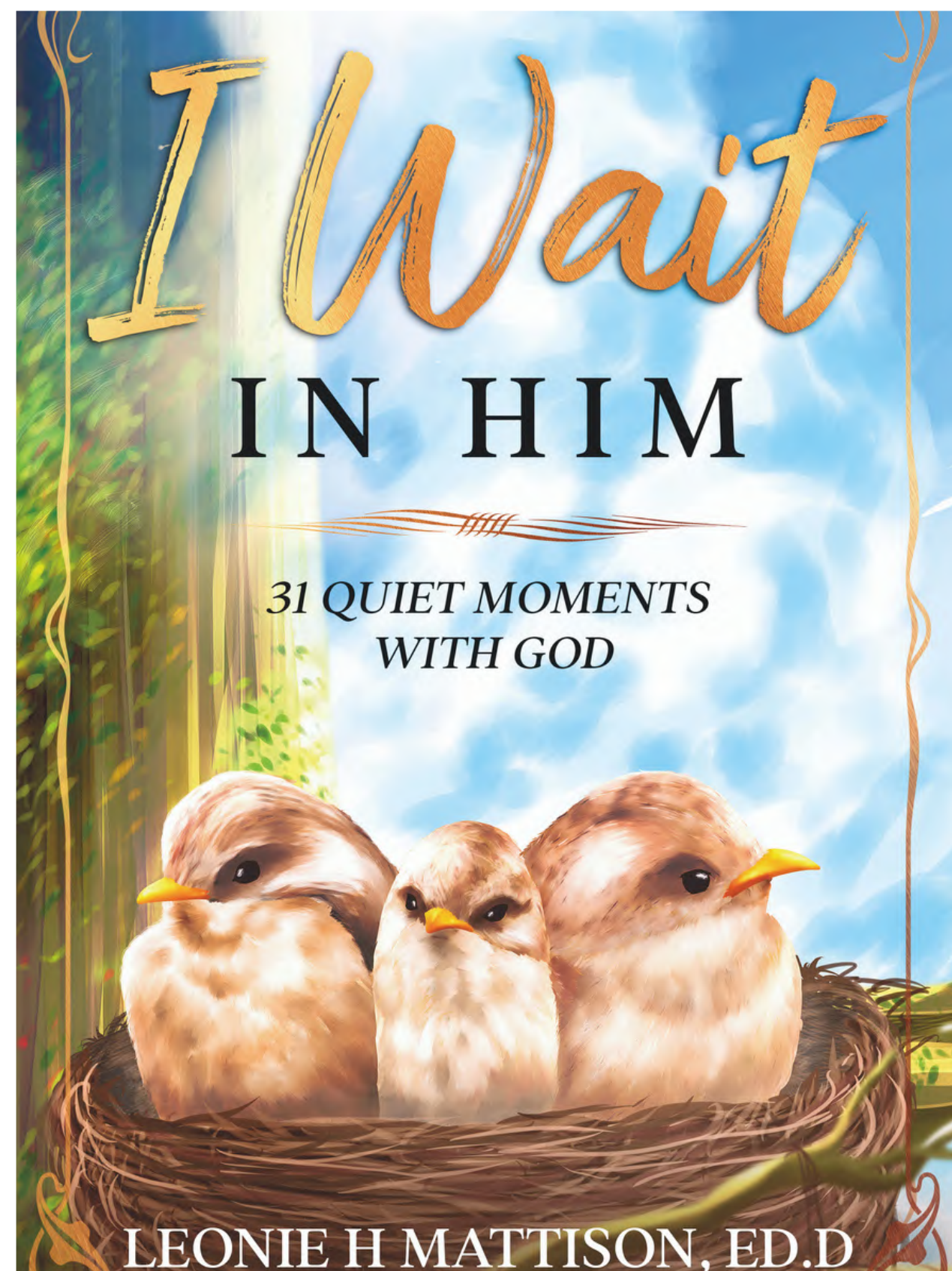


Release It

Offering trauma survivors and supporters thirty prayers, a safe rest stop to converse with God in an honest, vulnerable, and transparent way.



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A 31-day devotion will walk you through how to wait in the Lord while you wait on Him. You will find yourself more connected to Him and His Word. You will find joy, renew your faith, and discover hope, perhaps for the first time

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I Wait In Him



Order paperback or ebook



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A person with long dark hair is seen from behind, holding a long, dark stick horizontally above their head with both hands. The stick is positioned so that the sun, which is a bright, glowing orb, is perfectly centered between the person's hands and the stick. The background is a vast, hilly landscape under a sunset sky with soft orange and pink hues. The overall mood is one of inspiration and gratitude.

MY MISSION
IS YOUR
TRANSFORMATION

Thank you!

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