

Empowering Current and Future Leaders in Brain Injury Recovery and Rehabilitation to Empower Self-advocacy in Individuals Living with Brain Injuries Presentation

Craig J. Phillips MRC, BA Second Chance to Live



Background Insights

My Process and Journey in a “Nutshell”

Traumatic brain injury, car accident, in 1967 when I was 10 years old. Open skull fracture, right frontal lobe damage, a severe brain bruise with brain stem involvement. Coma for 3 weeks. Fractured left femur (thigh bone), traction 7 weeks, Spica (full-body) cast for 5 months. 2 EEG’s, battery of psychosocial testing. Was not supposed to succeed beyond high school academically. Learned how to walk, talk, read, write and speak in complete sentences. Tutored at home in 5th grade. Mainstreamed back into elementary school in the 6th grade. Graduated on time with my high school class in 1975. Went on to get my undergraduate degree in 10 years (2 universities, 1 community college). Obtained my master’s degree (2 graduate schools) Rehabilitation Counseling. Credentials CRC. 20-year history of getting and losing jobs, client with 2 different State Department of Vocational Rehabilitation. 2nd Vocational Rehabilitation evaluation determined that I was not employable. Applied 3 times for SSDI, the 3rd application approved. Felt like someone all dressed up with nowhere to go. A lot of disappointments and discouragement despite all my efforts.

Created my weblog, later my website, Second Chance to Live 7 years after I was determined to not be employable and disabled on February 6, 2007.

“Ideas do not always come in a flash, but by diligent trail-and- error experiments that take time and thought.” Charles K. Kao

“Everyone is a genius, but if you judge a fish by its ability to climb trees it will live its whole life believing that it is stupid.” Albert Einstein

Once my External Wounds Healed and I looked Normal

I did not have Dr.'s, to help me as the impact of my brain injury became invisible. Consequently, I had to "figure out" how to navigate life with an invisible disability on my own. What I share in this presentation is what I believe would have benefited me, if I had known then what I know now.

What I share through this presentation will help you to empower individuals who are impacted by and living with the invisible nature of a brain injury.

Lessons Learned through my Process and Journey

"It is not as important, what happened or happens to us, as how we respond to what happened or happens to us." Craig J. Phillips MRC, BA.

"In my experience I have found that adversity is what has made me successful, because I refused to give up because of adversity." Craig J. Phillips MRC, BA

"The process of living with the impact of a brain injury and an invisible disability involves a journey of steps. The good news is that once we take that first step and keep walking, before long we will be able to look back and see how far we have come. How far we have come because we did not give up." Craig J. Phillips MRC, BA

"It's not that I am so smart, it's just that I stay with problems longer." Albert Einstein

Active Positive Regard -- Empathy

Everyone is susceptible to a brain injury. **Treat People** like you would like to be **treated** if you had a brain injury.

Learn about the **Grieving Process** – denial, anger, bargaining, depression and acceptance. To move from awareness to acceptance to action.

Good place to start is **Elizabeth Kubler-Ross's** book, **On Death and Dying** in which she speaks to the five stages of grieving.

Encourage people you work with to **grieve** what they are powerless to change. **Powerless to Change** so that they can create their new normal.

Awareness, Acceptance and Action

Help the people you work with to change perspectives -- From **“Why Me?”** to **“Why Not Me?”** and from **“What Isn’t”** to **“What Is?”**

Ask a **“High Power”** to guide you through your recovery and rehabilitation process, one day at a time. And don’t give up! More will be revealed.

Essential to involve the whole person in a **Holistic** and ongoing brain injury recovery process – **mind, body, spirit, soul and emotions.**

Encourage them to advocate for themselves in their mind, body, spirit, soul and emotions

Neuroplasticity – Creating Neural Pathways and Brain Reorganization

Brain-Body Connection through Repetitive Mirrored Movements

Start a program of creating new neural pathways and brain reorganization through repetitive mirrored movements. Start a program as soon as they are able to after their brain injury. Connect damaged with healthy nerves.

“Research your own experience, absorb what is useful, reject what is useless and add specifically your own creation.” Bruce Lee

“I do not fear the man who has practiced 10,000 kicks, but I fear the man who has practiced 1 kick 10,000 times.” Bruce Lee

One day my Sensei shared this Quote Before he Started Class

“The three most important ways to lead people are: by example... by example... by example.” Albert Schweitzer

Using the Principles of Neuroplasticity to Create New Neural Pathways and Brain Reorganization through Martial Arts for 26 years.

Neuroplasticity 2021 Using Modern Arnis, Kali, Western Boxing, Knife and Wing Chun



Brain-Body Connection Craig J Phillips MRC, BA, Second Chance to Live March 2024



To watch the progression of my development over 26 years, click:
[Developing a Brain-Body Connection — Second Chance to Live — with an Invitation March 2024](#)

To Encourage People Living with a Brain Injury to Not Give Up How People Learn after their Brain Injury -- May be Different

Get the people that you are working with tested to find out how they learn best. **Learning Styles** Whether they are visual, auditory or kinesthetic learners or a combination of these styles after their brain injury.

Awareness, Acceptance, Action

“We must be willing to let go of the life we have planned, so as to accept the one what is waiting for us.” Joseph Campbell

To Advocate for Themselves – Teach a Them how to “Fish”

“Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime.” Pia Carnegie

Encourage, model and empower people living with brain injuries to **Advocate** for themselves. Advocate for themselves in their ongoing brain injury recovery process.

Brain Injury Recovery is about a Marathon, not a Sprint

“Slow and Steady wins the Race” Fable of the Tortoise and the Hare

Encourage people living with a brain injury to remember that recovery is about a **Process** and a **Journey not a Destination**. A process and a journey through patience and persistence.

“Though no one can go back and make a brand-new start, anyone can start from now and make a brand-new ending.” Carl Bard

A Brain Injury is Not a Stop Sign, only a “Switch” on life’s Rail Road

Encourage people with living with a brain injury to see their brain injury as a **Change in Direction**, not a **Stop Sign**, to living their best lives.

“History has demonstrated that the most notable winners usually encountered heartbreaking obstacles before they triumphed. They won because they refused to become discouraged by their defeats.”

B.C. Forbes

We Can Create Hope One Skill and One Skill Set at a Time

Encourage and empower people living with a brain injury to realize that they can **Create Hope** in their lives. **Create hope** in their lives, one day at a time in their mind, body, spirit, soul and emotions.

“Ideas do not always come in a flash, but by diligent trail-and- error experiments that take time and thought.” Charles K. Kao

Discovering Our Genius May Take Time so keep Searching

Encourage people living with a brain injury to realize that they have **Genius**. That they can explore the possibilities to develop their genius through their gifts, talents and abilities.

“You are the only person on earth who can use your ability.” Zig Ziglar

A Brain Injury is Only an Event, not a Definition

Empower the individual living with a brain injury, **not their brain injury**. Focus on what they can do with their time and energy, not what they can’t do because deficits and limitations.

“Not everyone will understand your journey. That’s okay. You’re here to live your life, not to make everyone understand.” Banksy

“Never be bullied into silence, never allow yourself to be made a victim. Accept no one’s definition of your life. Define yourself.” Robert Frost

Encourage People living with Brain Injuries to Create Dreams

Encourage people living with a brain injury to **create their dreams**. Create their dreams a little at a time, one day at a time. One day at a time through learning, drilling and combining one skill and one skill set at a time.

“Do what you can, with what you have, where you are.” Theodore Roosevelt

“Regardless of your lot in life, you can build something beautiful on it.” Zig Ziglar

We are Not Our Deficits, Limitations or other People’s Opinions

Encourage people living with a brain injury to not buy into the **Limitations Labels, Stereotypes or Stigmatization**. They are not their brain injury.

“Believe in yourself, go after your dreams and don’t let anyone put you in a box.” Daya

“I was told over and over again that I would never be successful. That I was not going to be competitive and the technique was simply not going to work. All I could do was shrug my shoulders and say, “We’ll just have to see.” Dick Fosbury (inventor of the Fosbury Flop and winner of a gold medal in the 1968 Mexico City Olympics

Encourage them to Discover How to Use their Genius

Encourage people living with a brain injury to consider the **Vastness of Possibilities**. Vastness of possibilities through using their gifts, talents and abilities in ways that work for them.

“Those who danced were considered to be quite insane by those who could not hear the music.” Angela Monet

Encourage them to think outside the “Box” of what they May be Led

Encourage people living with a brain injury to **THINK outside the “box”**. To think outside the box of a diagnosis, prognosis, label, stereotype and stigmatization.

“Do not go where the path may lead, go instead where there is no path and leave a trail.” Ralph Waldo Emerson

Encourage them to believe that they are Not Limited

Encourage people living with a brain injury to understand **That They are Not Limited** because of their brain injuries, deficits or limitations. They just have to find a way (s) that will work.

“Every strike brings me closer to the next home run.” Babe Ruth

**“I have not failed. I have just found 10,000 ways that won’t work.”
Thomas Edison**

Encourage them to Proactively Advocate for Themselves

Encourage people living with a brain injury to **Advocate for Themselves**. Advocate for themselves in their mind, body, spirit, soul and emotions in their ongoing process and journey.

“Courage is not the absence of fear, but rather the judgement that something is more important than fear.” Ambrose Redmon

Teach them how to Advocate for themselves beyond billable hours.

Encourage people living with brain injuries to **See Beyond a Diagnosis and a Prognosis**.

“Persistence and resilience only come through having been given the chance to work through difficult problems.” Gever Tulley

Encourage people to understand that there are no **Silver Bullets or Magic Potions** to speed up brain injury recovery and rehabilitation. **Recovery and Rehabilitation just takes time.**

“Purpose is about a process and a journey, not a destination. I cannot know until I know and knowing just takes what it takes. There are no silver bullets or magic potions. By accepting that reality, I am given the gift of knowing. I am giving the gift or knowing by trusting the process, a loving God and myself.” Craig J. Phillips MRC, BA

Encourage them to Define Success for Themselves

Encourage people living with a brain injury to understand that success is measured by one skill at a time. **One Skill and One Skill Set at a Time.**
Celebrate small successes.

“Insist on yourself; never imitate. Your own gift you can offer with the cumulative force of a whole life's cultivation, but of the adopted talent

of another, you have only an extemporaneous, half possession.”
Ralph Waldo Emerson

People Living with a Brain Injury are more than a Survivor

Encourage people to realize that they are not a **Victim of their Brain Injury**. Their brain injury was only an event that happened. That they are more than a survivor of a brain injury.

“If you advance confidently in the direction of your dreams and endeavor to live the life that you have imagined...you will meet with a success unexpected in common hours.” Henry David Thoreau

People Living with Brain Injuries can Create a Good Life

Encourage people living with a brain injury to realize that they can create a **Good Life for Themselves**.

“Nothing is a waste of time if you use the experience wisely.”
Auguste Rodin

“When you dance to your own rhythm people may not understand you; they may even hate you. But mostly they’ll wish they had the courage to do the same.” Sue Fitzmaurice

People living with Brain Injuries Should Not Be Abused

Encourage people living with a brain injury to realize that they do not **Deserve to be Discriminated against or Patronized**. Discriminated or patronized by anyone. Professionals included.

“The most common way people give away their power is by thinking that they have any.” Alice Walker

Remind them that if they feel Discriminated against or Patronized

“Big things have small beginnings.” Prometheus

“If you want to improve your self-worth, stop giving other people the calculator.” Tim Fargo

“Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.” Mark Twain

“Your time is limited so don’t waste it living someone else’s life. Don’t be trapped by dogma, which is living with the results of other people’s thinking. Don’t let the noise of other’s opinions drown out your own inner voice. And most importantly, have the courage to follow your heart and intuition. They somehow know what you truly want to become. Everything else is secondary.” Steve Jobs

Encourage people living with a brain injury to realize that although they may be **Minimized, Marginalized, Dismissed and Discounted**, they **have Great Worth and Value.**

“All life is an experiment. The more experiments the better.” Ralph Waldo Emerson

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life; define yourself.” Robert Frost

“Don’t quit. Never give up trying to build the world you can see, even if others can’ see it. Listen to your own drum and your own drum only. It is the one that makes the sweetest sound.” Simon Sinek

People Living with a Brain Injury are a Gift to their World

Encourage individuals living with a brain injury to remember that **They Can Have a Profound Impact** upon their ongoing brain injury recovery and rehabilitation process.

“You are the only person on Earth who can use your ability.” Zig Ziglar

“Here’s to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes... the ones who see things differently — they’re not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can’t do is ignore them because they change things... they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do.” Steve Job

Encourage People Living with a brain injury to Not Give up on Dreams

Encourage individuals living with a brain injury to **NOT GIVE UP**. Find ways that will work for them. More will be revealed with time. One day at a time.

“Hope lies in dreams, in imagination and in the courage of those who dare to make dreams into reality.” John Salk

“You may be the only person left who believes in you, but it's enough. It takes just one star to pierce a universe of darkness. Never give up.” Richelle E. Goodrich

People Living with a Brain Injury are Not their Brain Injury

What I need to remember and encourage: “I am (we are) not our brain injury, symptoms, deficits or limitations. They do not define us, because we can create hope beyond symptoms, deficits and limitations.” Craig J. Phillips MRC, BA

My Dedication, Focus, Mission and Vision

Beyond Brain Injury Symptom Management — Resources to Empower an Ongoing Holistic Brain Injury Recovery Process

Since 2007 my interest has been to encourage individuals living with the impact of brain injuries. To encourage them to realize and remember that they are not the impact of their brain injury, their symptoms, their deficits or their limitations.

That although I (we) are powerless over the impact of our brain injury, symptoms, deficits and limitations, we can create a good life. Create a good life by engaging in a holistic brain injury recovery process.

Ongoing Holistic Brain Injury Recovery Process

That is why I encourage an ongoing holistic brain injury recovery process.

An ongoing holistic recovery process beyond brain injury symptom management. I encourage this approach because I have found that waiting on brain injury symptom management can leave the individual feeling stuck. Stuck by believing that they have to wait until their brain injury symptoms are managed and “fixed” before they can recover.

Waiting for Symptoms to be Managed

In waiting on symptom management, the individual may develop a learned helplessness. A learned helplessness and a dependency on the outcome (s) of their brain injury symptom management. As a result, the individual living with a brain injury may find that they lose motivation and ambition. Their motivation and ambition to achieve or accomplish anything beyond the outcome (s) of the symptom management.

A Definition of Learned Helplessness

A phenomenon in which repeated exposure to uncontrollable stressors results in individuals failing to use any control options that may later become available. Essentially, individuals are said to learn that they lack behavioral control over environmental events, which, in turn, undermines the motivation to make changes or attempt to alter situations.” The phenomenon was first described in 1967 by U.S. psychologists J. Bruce Overmier (1938–) and Martin E. P. Seligman (1942–). The source of this: APA Dictionary of Psychology

Becomes Our Focus

Living with the impact of a brain injury or a stroke can keep us focused on the symptoms related to the effects of the brain injury and stroke. When things do not change after their brain injury and stroke, the individual may find themselves focused on what cannot be done because of the symptoms. Because of the notion that unless the symptom (s) is “fixed” the individual may buy into the belief that there is little hope.

To Move beyond Believing that I was Dependent on the Symptom being Fixed

In my process and journey, I found that I needed to change the way I saw myself. I needed to see myself as an individual living with the impact of a brain injury, instead of as a “brain injury survivor.” I found that by changing the way that I saw myself I was able to stop seeing myself as someone who was/is a victim of my circumstances. Someone who was and is stuck because of symptoms, deficits and limitations.

Removing the Label and the power of Symptoms over Me

Removing the label of being a “brain injury survivor” helped me to stop identifying myself with my set of circumstances. Removing the label of “brain injury survivor” helped me to stop defining myself by symptom, deficits and limitations. Removing the label of being a “brain injury survivor” helped me to take back my power, as I realized that I no longer had to be limited because of my symptoms, limitations and deficits.

“The most common way people give up their power is by thinking they don’t have any.” Alice Walker

Resources that Helped to Empower my Ongoing Holistic Brain Injury Recovery Process beyond Brain Injury Symptom Management

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life; define yourself.” Robert Frost

“I am not my brain injury, symptoms, deficits or limitations. They will not define me, because I create hope beyond symptoms, deficits and limitations.” Craig J. Phillips MRC, BA

Background Information

[Second Chance to Live Author’s Autobiography in Bullet Points](#)

[Comprehensive History of Second Chance to Live — Answering the Call](#)

Translate Second Chance to Live

To give non-English speaking and reading visitors to Second Chance to Live I have created a tool. A tool to translate into a variety of languages. To translate Second Chance to Live, right click on the below desired language link. Then click on open link in new tab. Then select from English to your desired language

[Albanian](#) [Arabic](#) [Bulgarian](#) [Catalan](#) [Chinese](#) [Simplified Chinese](#) [Traditional](#) [Croatian](#) [Czech](#) [Danish](#) [Dutch](#) [Estonian](#) [Filipino](#) [Finnish](#) [French](#) [Galician](#) [German](#) [Greek](#) [Hebrew](#) [Hindi](#) [Hungarian](#) [Indonesian](#) [Italian](#) [Japanese](#) [Korean](#) [Latvian](#) [Lithuanian](#) [Maltese](#) [Norwegian](#) [Polish](#) [Portuguese](#) [Romanian](#) [Russian](#) [Serbian](#) [Slovak](#) [Slovenian](#) [Spanish](#) [Swedish](#) [Thai](#) [Turkish](#)

Articles, Video Presentations and Slideshow Presentations

[2169 Article/Video Presentation Links within 13 Peer Support Categories](#)

[Navigating Life After a Traumatic Brain Injury 459 Video Presentations Playlist](#)

[30 Power Point Presentations Public Speaking Availability](#)

[Navigating Life After a Traumatic Brain Injury 49 Video Presentation Series Playlist](#)

[Second Chance to Live — 20 Brain Injury Recovery Slideshow Presentations](#)

[Building Your Life After a Traumatic Brain Injury 30 Video Presentation Playlist](#)

[See Testimonies and Endorsements for Second Chance to Live](#)

Categories Designed to Encourage and Empower Individuals to Create Hope

[Category Building Self-Esteem after Brain Injury — List of Articles](#)

[Category How to Stop Feeling Helpless after Brain Injury — List of Articles](#)

[Category Brain Injury Recovery An Ongoing Process — List of Articles](#)

[Category Self-Acceptance after a Brain Injury — List of Articles](#)

[Category Celebrating Success Following a Brain Injury — List of Articles](#)

[Category Creating Hope after Brain Injury — List of Articles](#)

[Category Finding and Knowing Peace after Brain Injury — List of Articles](#)

[Category Finding Purpose after a Brain Injury — List of Articles](#)

[Category Fulfilling Dreams after Brain Injury — List of Articles](#)

[Category My Journey Living with a Brain Injury — List of Articles](#)

[Category Overcoming Bullying after Brain Injury — List of Articles](#)

[Category Peer Support after Brain Injury — We are Not Alone — List of Articles](#)

[Category Relationships Following a Brain Injury — List of Articles](#)

[The Global Brain Injury Peer Support Network](#)

Sharing Hope through Neuroplasticity

[Neuroplasticity, Setting Goals and Creating Hope After Brain Injury and Stroke Keynote Presentation](#)

[How I Use Neuroplasticity to Create Neural Pathways/Brain Reorganization](#)

[Nine Habits to Benefit from Using the Principle of Neuroplasticity](#)

Encouraging the Creation of Hope through Neuroplasticity

My Process and Journey with Neuroplasticity

I have been using different martial art disciplines for the past 26 years to create new neural pathways and brain reorganization (neuroplasticity) through repetitive mirrored movements.

Benefits

To improve and enhance muscle memory, coordination, agility, body awareness, hand/foot/eye coordination, precision, dexterity, spatial orientation and balance on both the right and left side of my body.

Develop Your Own Program

For more information to develop your own programs to create new neural pathways and brain reorganization click on the below link.

[Neuroplasticity, Small Successes and Learning/Relearning Skills and Skill Sets](#)

The Process and Goal

The goal has been to improve my ability to mirror the same abilities on both the non-dominant side (left side) of my body with the dominant side (right side) of my body. As in the below demonstrations, I engage both sides of my body (my hands, arms, elbows, legs, knees, and feet).

I engage both sides of my body to improve my gross, fine motor skills and muscle memory. I engage both sides of my body to improve my dexterity, hand-eye coordination, agility, balance, stamina, precision, focus and awareness. I engage both sides of my body to improve my skills and abilities.

I engage both sides of my body to improve and enhance the quality of my life and well-being. I engage both sides of my brain and body to create.

Create Your Own Program

In the event that you have not begun, I would encourage you to create a program. Create a program that will empower you to create neural pathways and brain reorganization. Brain reorganization through repetitive mirrored movements on your dominant and non-dominant sides of your body. Brain reorganization to improve and enhance your quality of life and well-being.

Neuroplasticity through Martial Arts 2013

<https://youtu.be/snHjkxYrRYU>

Neuroplasticity Demonstration August 2014

<https://youtu.be/sV82V2y-Jrk>

Brain Injury, Neuroplasticity and Personal Gains August 2015

<https://youtu.be/j4BajiK5qB8>

Balance and Coordination through Repetitive Mirrored Movement 2016

https://youtu.be/Ljsr_S18Fng

Brain Injury Recovery and Repetitive Mirrored Movements 2017

<https://youtu.be/EXVq5vICWZI>

**Improving Our Brain and Body's Ability to Excel after Brain Injury
2018**

<https://youtu.be/syCBmRi-P3E>

Due to a shoulder injury, I was unable to create a video presentation in 2019. Due to Covid I was unable to create a presentation in 2020.

**Stick Fighting, Knife, Western Boxing & Wing Chun Drills Created
September 2, 2021**

<https://youtu.be/YLOeOUq4170>

**Transition Drills to Improve Agility, Focus, Speed & Coordination
Created September 6, 2021**

https://youtu.be/4JOel_4upWM

**Hand Eye Coordination and Precision Drills using Fine Motor Skills
Created September 12, 2021**

<https://youtu.be/seeH9xbkKDs>

**Using upper and lower body coordination and movement to improve
focus, agility and balance of upper body and lower body martial art
skills. Created February 14, 2022**

<https://youtu.be/nBSQx0y3aP0>

**Developing a Brain-Body Connection — Second Chance to
Live — with an Invitation March 2024**

<https://youtu.be/9fWG-wPssY8>

Keynote Presentations and Discussion Topics

**Workshop Topics Designed to Encourage and Empower
Purpose and Hope**

[You Are Not Crazy. You have an Invisible Disability Discussion Topic](#)

**[Yes, I am Disabled, but Don't Count Me Out because...! Discussion
Topic](#)**

[Learning to Accept Ourselves when Other People Can't or Won't
Discussion Topic](#)

[Creating Practical Hope in Our Lives through the Power of
Identification Discussion Topic](#)

[Empowering Ongoing Brain Injury Recovery: 9 Key Concepts and
Principles for Success Discussion Topic](#)

[Navigating Life's Railroad Switch — Finding Purpose and Passion
After Brain Injury Discussion Topic](#)

[Living and Thriving Beyond Brain Injury Awareness to Create a Good
Life for Ourselves Discussion Topic](#)

[Embracing Change A Three-Stage Journey to Journey to Learning
and Success Presentation Discussion Topic](#)

[Don't Let Anyone tell You, You Aren't Enough Because...You are
Smart, Intuitive and Courageous Discussion Topic](#)

**Keynote Presentations Designed to Encourage and Empower
Purpose and Hope**

[My TED TALK Craig J. Phillips MRC, BA Second Chance to Live
Finding Purpose and not Giving Up after Brain Injury Presentation](#)

[Making Our Lives Magical after Brain Injury and Stroke Keynote
Presentation](#)

[Hope and the Progression of Living our Best Life after Brain Injury
Presentation](#)

[Facing Adversity and Having Options When Life Does Not Make
Sense Presentation](#)

[Neuroplasticity, Setting Goals, Repetition and Creating Hope After
Brain Injury Presentation](#)

[12 Ways to Enhance Our Lives, Well-Beings and Relationships after a
Brain Injury Presentation](#)

[Brain Injury and The Power of "I CAN" in an Ongoing Brain Injury
Recovery Process Presentation](#)

[Living and Thriving Beyond Brain Injury Awareness to Create a Good Life for Ourselves Presentation](#)

[Getting Comfortable in Our “Own Skin” Living with a Brain Injury and an Invisible Disability Presentation](#)

[Believing in Ourselves through Self-Advocacy — A Guide to Owning Our Power after Brain Injury Presentation](#)

[Navigating Life After a Traumatic Brain Injury: Embracing Reality and the Journey to Acceptance Presentation](#)

[Celebrating Goals and Dreams in the Now, Overcoming Obstacles, Odds and Impacting Generations Presentation](#)

[Hope and Purpose after a Brain Injury after a Brain Injury, a Stroke or a Spinal Cord Injury Keynote Presentation](#)

[Some Things to Consider so We Don't Stay Stuck Living with a Brain Injury and an Invisible Disability Presentation](#)

[Finding Freedom from Feeling Alone, Isolated, Alienated, Intimidated and Diminished Living with a Brain injury and an Invisible Disability Presentation](#)

Keynote Presentations sharing My Process Designed to Encourage and Empower Purpose and Hope

[Second Chance to Live and Succeeding Beyond my Special Needs from 10 Years of Age Presentation](#)

[Comprehensive History of Second Chance to Live — Answering the Call that never Came Presentation](#)

Keynote Presentations Designed to Empower and Empower Groups and Organizations

[Living with Long Covid-19 Invisible Disability — Hope, Encouragement and Support Presentation](#)

[Empowering Current and Future Leaders in Brain Injury Recovery and Rehabilitation to Empower Self-advocacy in Individuals Living with Brain Injuries Presentation](#)

Invitation to Join Our Two Communities

Second Chance to Live Community which you are welcome and invited to join. Click on the link below. Once the page has opened, and at the top right of the page, click subscribe. Enter your email. Each time I publish an article on **Second Chance to Live** that article will be sent to you email inbox.

[Second Chance to Live Community](#)

Building Your Life after Traumatic Brain Injury Facebook Community, which you are also welcome and invited to join. Click on the below link and ask to join the community.

[Building Your Life after Traumatic Brain Injury Facebook Community](#)

We look forward to having you as a member in both of our communities.