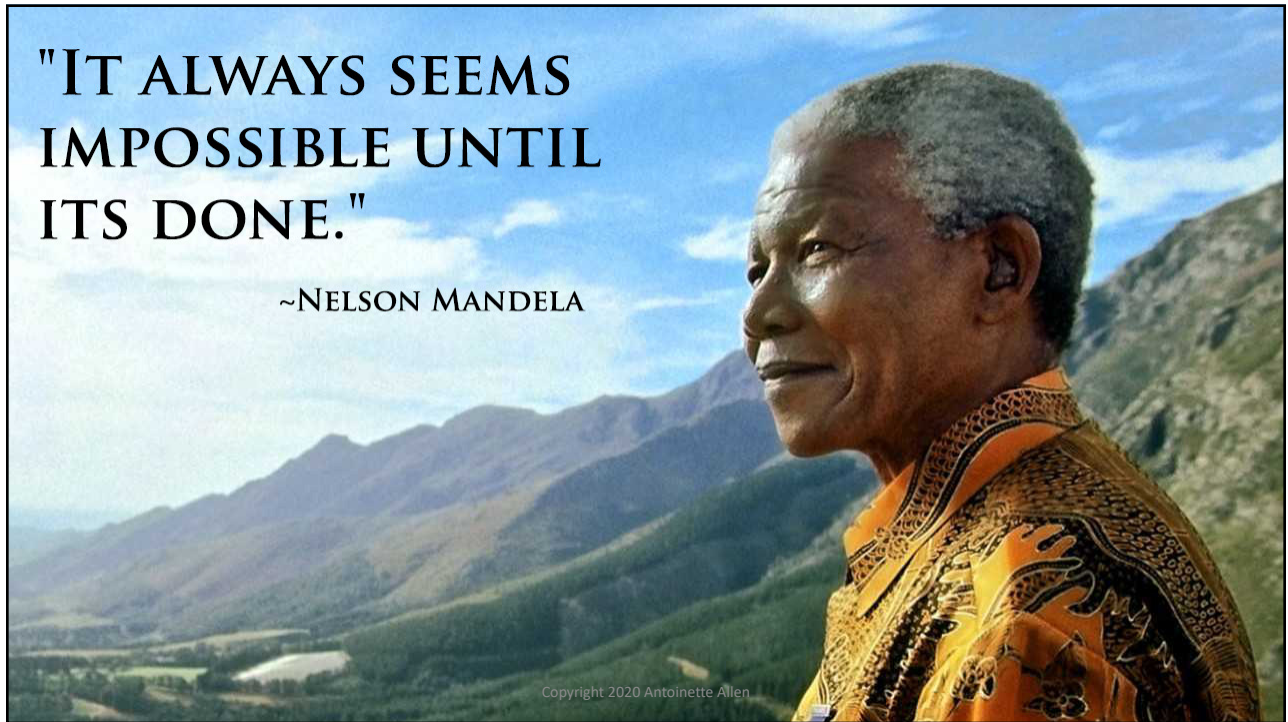




1



2

Keep Paddling...



“We are in the same ocean, but in different boats.”

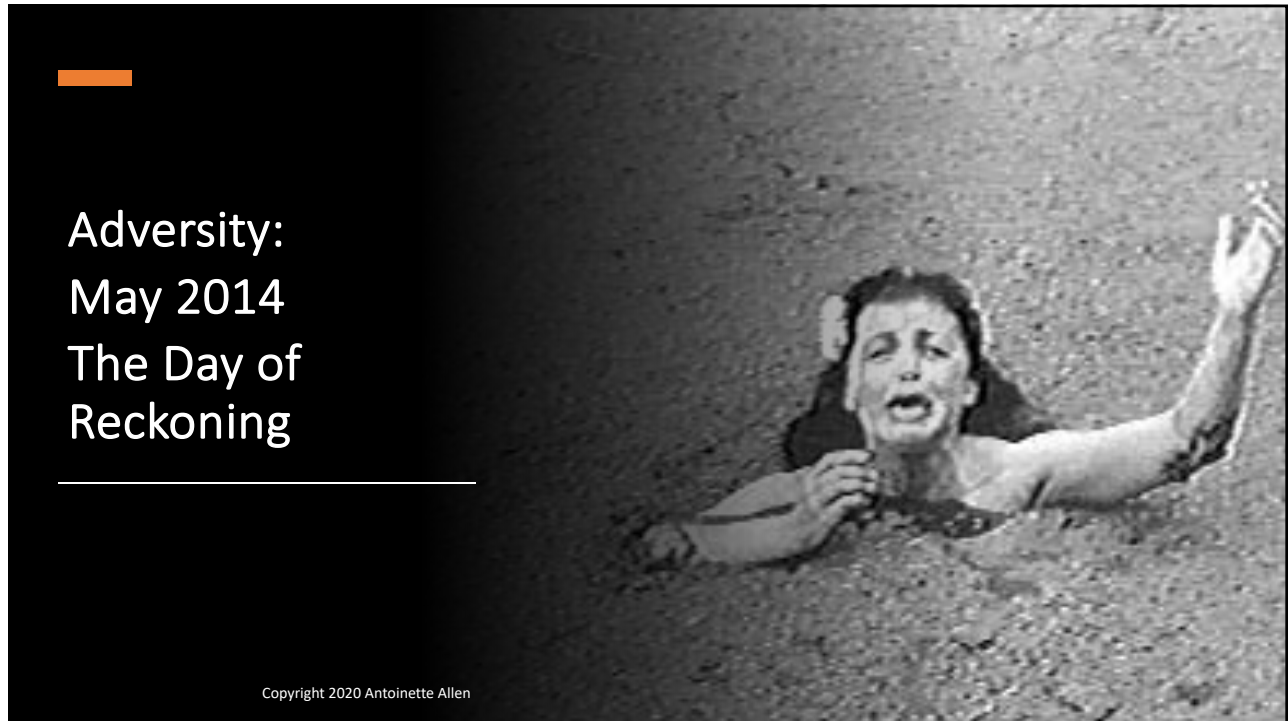
3



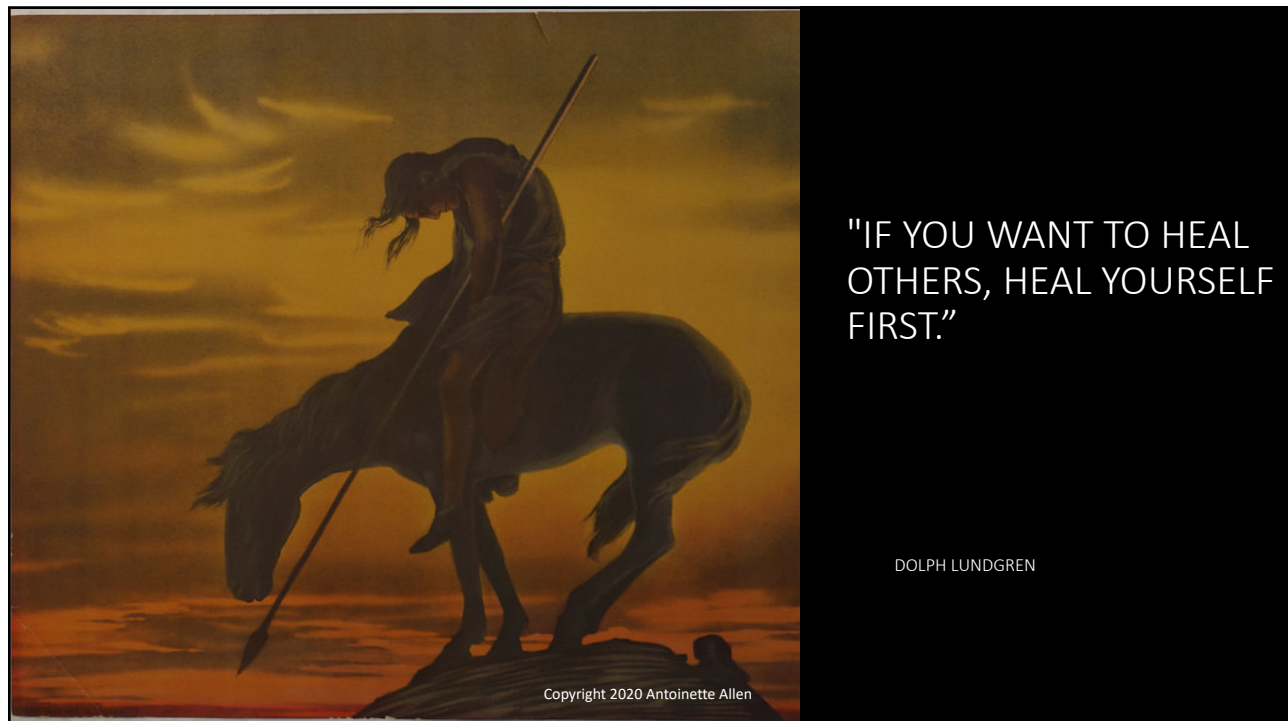
They are only waves...

- Waves of Sorrow
- Waves of Anger
- Waves of Despair
- Waves of Loneliness
- Waves of Fear
- Waves of Hatred
- **Waves of Joy**

4

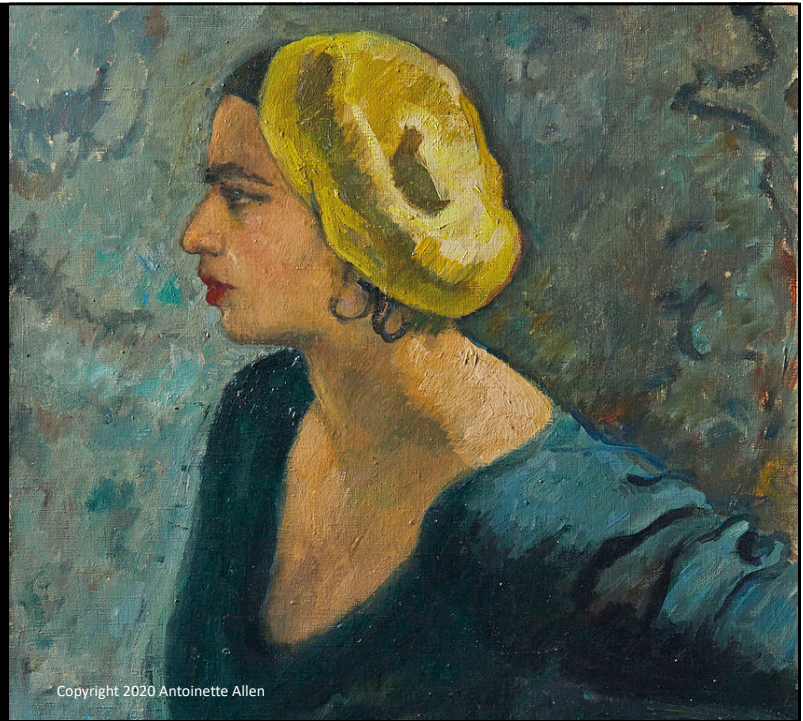


5



6

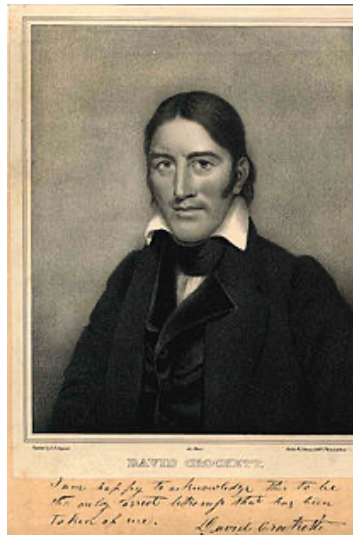
Leadership: The Commissioned Portrait



Copyright 2020 Antoinette Allen

7

The Need for Authentic Leadership



**“I would rather
be politically
dead than
hypocritically
immortalized”**

- Davy Crockett

Copyright 2020 Antoinette Allen

8



Servant Leadership:

Painting the Portrait
of Compassion

Copyright 2020 Antoinette Allen

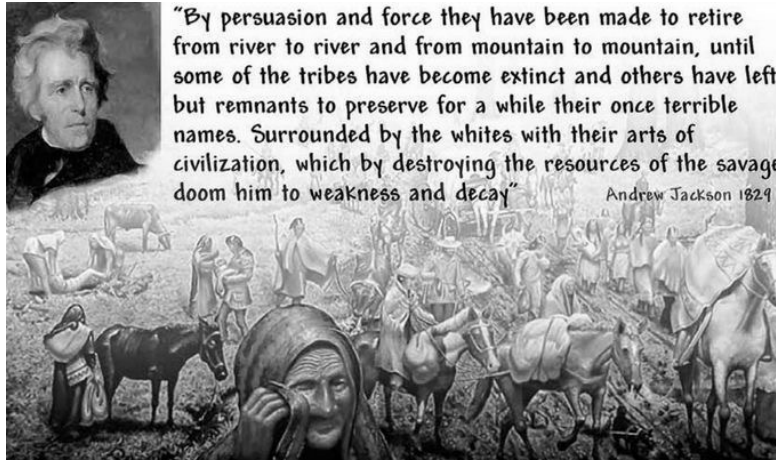
9



The Path of the Healer
vs.
The Way of the Warrior

10

Follow the Leader: Painting the Portrait of Hope



Copyright 2020 Antoinette Allen

11

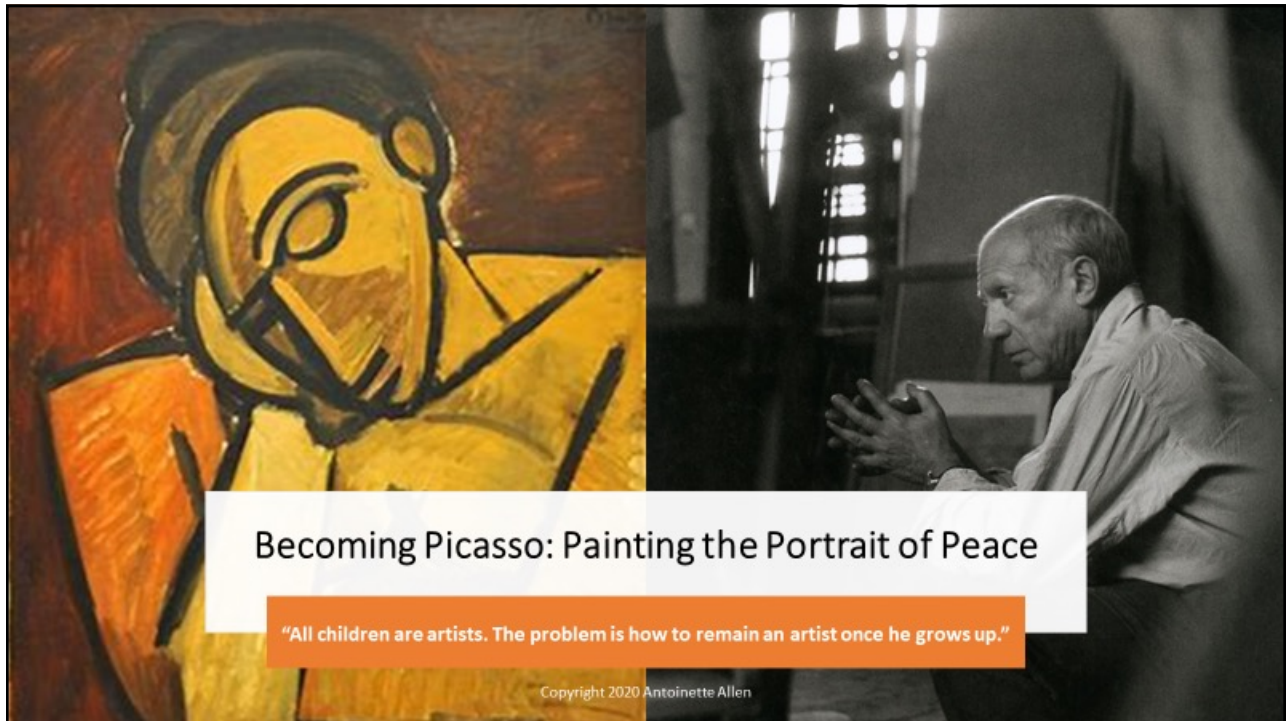
Inclusive
Communication

Who is my
message for?

How will it
be received?

Copyright 2020 Antoinette Allen

12



Becoming Picasso: Painting the Portrait of Peace

"All children are artists. The problem is how to remain an artist once he grows up."


Copyright 2020 Antoinette Allen

13

The Price of Peace

- Sacrifice
- Sever
- Suggest

"It requires more courage to suffer than to die."
Napolean Boneparte



Copyright 2020 Antoinette Allen

14





15




16

Find the Melody

 We Shall Overcome

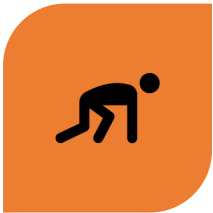
 Amazing Grace


 My Way


Copyright 2020 Antoinette Allen

17

Identify the Movement

 **CRAWL**

 **RUN**

 **DANCE**

Copyright 2020 Antoinette Allen

18

Savor the Moment



Copyright 2020 Antoinette Allen



© 2019

19

Transport the Memories



MEMORIALS



MARK ENDINGS



TRANSITION
RITUALS

“Without memory, there is no healing. Without forgiveness, there is no future.”

Copyright 2020 Antoinette Allen

Desmond Tutu

20

Systemic Forgiveness

- **Strategic**
- **Yielding**
- **Simple**
- **Tenacious**
- **Eccentric**
- **Magnanimous**
- **Intriguing**
- **Creative**

“One’s capacity to leverage forgiveness as an intrapersonal system to move closer to achieving tranquility and harmony with interpersonal groups and systems.”

Copyright 2020 Antoinette Allen

THE POWER OF STRATEGIC FORGIVENESS



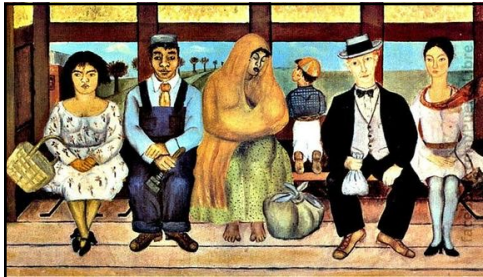
ANTOINETTE ALLEN, PH.D.

21



Have the Funeral...

22

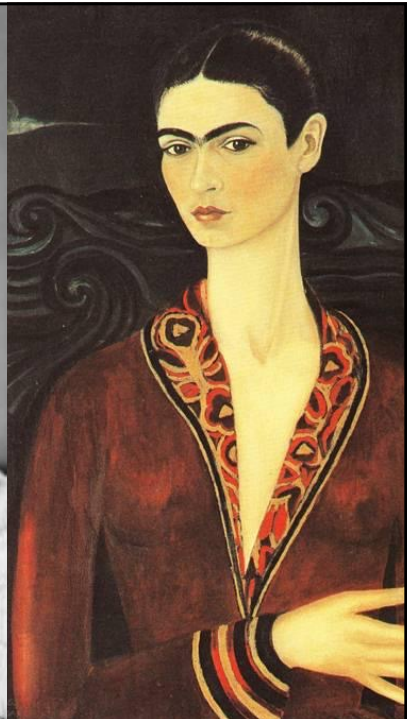


Frida Kahlo

- Contracted polio at age 6
- Fractured spine and pelvis at age 18 in bus crash
- Pursued art instead of medicine
- Painted first self portrait while confined to bed
- Used a mirror above her bed
- A lifetime of pain and infertility
- Turned setbacks into opportunities
- Attended first solo exhibition in an ambulance
- Died at age 47

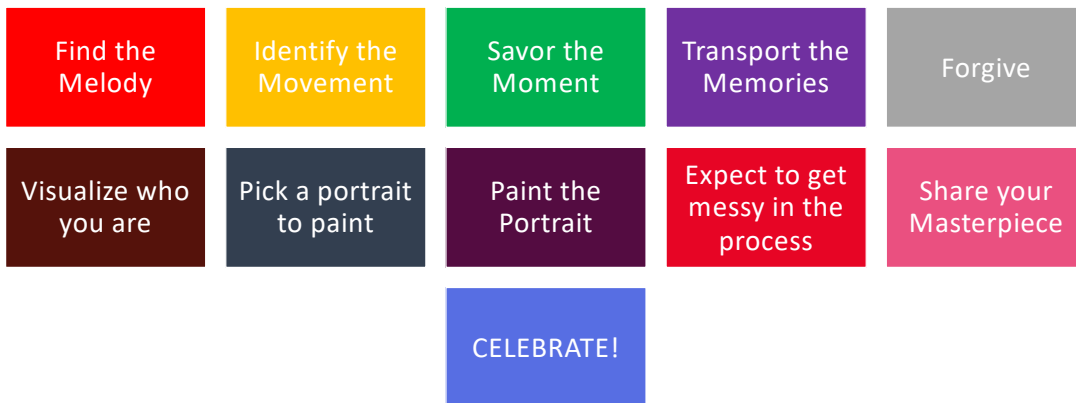


Copyright 2020 Antoinette Allen



23

How to Move Forward



Copyright 2020 Antoinette Allen

24



25

The logo consists of two stylized coffee cups, one purple and one teal, sitting on an open book. Wavy lines above the cups represent steam. Below the logo is the text "TWO CUPS OF TLC, LLC" and "TEACHING · LEADING · COACHING".

www.antoINETTEallen.com
antoINETTE.allen@twocupsoftlc.com
"When your life overflows, you are going to need two cups."

Copyright 2020 Antoinette Allen

26