

**The Soulful Mind Program Notes**  
**5/18/07**

**Opening music:**

**I Opening Introduction**

**Welcome to the Soulful Mind Radio Program with Dr Patrick Ware Duluth, Ga Child Psychiatrist. We're here every Friday @ 2 PM for currently 30 glorious minutes and 24/7 available through our web site @ [www.TheSoulfulMind.com](http://www.TheSoulfulMind.com) and on [www.WGUNRadio.com](http://www.WGUNRadio.com) (click "listen live").**

**Guest Co-host: Dr. Bonnie Kellen (PhD) Career Counselor  
Manhattan, New York City, New York**

**Dr Patrick Ware: Duluth, Ga Child Psychiatrist**

**We have over a century of living experience! How often can you pick the minds of a centogenarian? What if, we really know what we're talking about? What if this half hour has the Ability to literally change your life and lead you to what you've Been seeking all of your life (it's free and easy).**

**PROGRAM DISCLAIMER:**

**Remember, this program is simply the expression of the experience and opinions of the two presenters and is not intended to speak for any other practitioner or group of practitioners. The listener is encouraged to listen, explore, research and make their own personal decisions about what is offered here. We do not intend to replace any existing relationship you may have with another counselor, church or other organization. We desire to augment your discovery process.**

**Good News!**

**Our family is growing with ever increasing acknowledgments! We've decided to add the first names of all of those listeners who acknowledge their following our program from email, voice mail, personal comments and call ins to the program and to the web site. Thank you all for helping to make this a more responsive offering and offering your thought and experiences in helping others as well (perhaps the most important contribution!**

**Listeners are letting us know they're listening, taking notes and asking provocative questions. That's what communication is all about! Thank you so much for your feedback and comments.**

**We hope you are aware that the single purpose of this program is to assist YOU in a full discovery of God's sacred gift of life and soul and that you're discovery of how to ACCEPT that gift fully is the only barrier to experiencing God's LOVE and LIFE to the fullest! Everyone who has been willing to pursue this program has reported a fuller more rich and wonderful relationship with themselves, their God and all those they know... yes, LIFE in all its Glory!**

**This approach, while incredibly simple is indeed profound and is one of the ways the human heart can be opened to accept LIFE fully and completely. It is our message that the acceptance of GOD's gifts as they are offered is the central human challenge. What we have here is a vehicle that is proven to assist you in doing just that!**

**Family of Acknowledgment:**

**Ricky  
Bonnie  
Grace  
Elaine  
Catherine  
Todd  
Rhoda Anne  
Leslie  
Evelyn  
Marjorie  
Caroline  
Candice  
Sara  
Carol  
Vanessa  
Maria  
Lee  
Kia  
Dallas  
Peggy  
Tana  
Kay  
Mark  
Kenneth  
Cathy  
Elizabeth**

**So how about it folks, are you out there? Are you listening? Do you know how very important it is to us and the other listeners that you are there, listening and hopefully beginning your own intensity monitors? Please let us**

know we're reaching you! Hey Guys, the ladies are leading! Can we fellas pick up the pace a little? Do all of you know how very important any feedback is? We're waiting for your email, voice mail, telephone message, or call in about whatever your experience is and certainly about the changes you're seeing (be it a positive or unpleasant experience). We're all here for you deeply in prayer that you can hear us.

#### **Opening Prayer:**

Our Heavenly Father we humbly ask for your blessing and direction in this ministry. Open our hearts and ears that we may hear and have our hearts and minds guided that we may be heard by those who will benefit from your gifts.

#### **Web site News:**

We now can offer all of our past programs via our web site ( [www.TheSoulfulMind.com](http://www.TheSoulfulMind.com) ) thanks to our wonderful web master "Ms Jenny" where you will be able to log on and listen to any of our past programs any time it's convenient for you!

#### **The Exercise:**

##### **Our Global Shared Desires, a Universal Human Theme:**

To Love and Be Loved! What more is there in this brief stay we have here? Have you ever had the sense that you have difficulty in getting in touch with your own feelings? What if that is your first signal of what's missing in your life? Do you really think that you can successfully "run away" from your own heart? If you have any sense that enhancing the quality of your life is a very real asset that you can at least imagine could propel you forward into life far beyond your imagination, YOU ARE AT THE RIGHT PLACE! WE HAVE THE "RIGHT STUFF" for that new chapter in your life. We hope you will listen even critically, explore our web site ( [www.TheSoulfulMind.com](http://www.TheSoulfulMind.com) ) read what other's experiences are, begin the exercise, listen to our past programs and by all means let us know how it's going. We believe that first you discover that living a full rich life is possible by experiencing that with others, then you explore the opportunity for yourself and lastly you share and teach others what you have and are learning. We are after all, all in this journey together and we do really owe others this unbelievable news. (We grow as we share and teach others as well).

We would love to hear from you! Let us know who you are and how you're doing! We are a family, you know!

#### **PAST PROGRAMS:**

11/22/07 Program Promos

**2/2/07 The Path to Living a Full Life**

**2/9/07 The Opportunity of Your Life (Four Stages of Living and Loving) Happy Valentine's Day!**

**2/16/07 Learning to Love Yourself as God Loves You**

**2/23/07 Opening of Your Heart**

**3/2/07 Finding Your Voice in a World of Pain**

**3/9/07 Can You Afford to Wait Another Minute?  
The FIRST Step: Are we resisting that which we seek!?**

**3/16/07 Minister Cain's offerings: The Value of Focus**

**3/23/07 Parenting**

**3/30/07 Parenting/Sexual Abuse**

**4/6/07 Sexual Abuse**

**4/13/07 Parenting**

**4/20/07 Open Microphone (Today's Challenges)**

**5/18/07 Work Life/Career Satisfaction and Choices**

**Callers: Some have suggested you may need reminding that it is "OK" to call. It's OK to interrupt what we're talking about! YOUR issues and experiences are what this program is about. Don't worry about us, we'll get our message in (we promise)!**

**It's OK to call... We're here waiting on YOU!**

**What if, you're calling/emailing changes someone else's well!?**

**Life as**

**Guest Co-Host: Dr. Bonnie Kellen (Career/Work life Consultant)  
Manhattan, New York City, NY**

**Dr. Kellen's contact information (she is available for consultation professionally for direct face-to-face exchanges for a professional fee)**  
[www.DrBonnieKellen.com](http://www.DrBonnieKellen.com)  
[Bonnie.Kellen@gmail.com](mailto:Bonnie.Kellen@gmail.com)

**Topic(s) of the Day:**

**TODAY'S TOPIC: Career and Work Life**

**We have laid the foundation for understanding all relationships in the previous programs (the development of the individual's self awareness, simple friendship and romantic attachment/attraction).**

**Today and next week we're going to explore relevant aspects of our work life. In the 1980s Studs Turkel wrote a book entitled "Working" which presented that over 80% of US workers were significantly displeased with their profession, career or vocation.**

**Work life/Career choices: What are the issues that you MUST consider?**

**Your identity (How you are who you are?)**

**What kinds of things have you done that you truly loved?**

**What are some of your current or past "dreams" of things you've previously thought you might enjoy (ie being a talk radio program host?)**

**What are your talents?**

**What are your skills? (should you continue your education? Should you consider expanding your training and skills?)**

**What are the market opportunities?**

**Dr. Kellen's introduction:**

Dear Client,

Managing your career and life in this economy creates many challenges. Whether you are unemployed, underemployed, seeing the handwriting on the wall, contemplating new directions, or reevaluating your life in general, a professional assessment could be a calming and life-changing event. Drucker and many other leaders in the field agree that 'self-awareness' is key to the competitive edge. You can benefit from a new perspective gained from the structure, feedback and support

of an in-depth professional assessment. With the aid of the program that I have evolved, I can help facilitate you realizing your full potential.

**Dr. Kellen's credentials:**

CLINICAL EXPERIENCE Private Practice, New York 1997-Present: Clinical career counseling, comprehensive career assessment, relationship assessment, psychotherapy, and executive coaching EDUCATION Post-Doctoral Respecialization in Clinical Psychology, Teachers College, Columbia University, A.P.A. Approved, 1997. Ph.D. Organizational Psychology, Teachers College, Columbia University, 1981. Ph.D. Dissertation: The Training and Development of Success-Relevant Attributes in Women: An Evaluation of a Career/Personal Development Program, 1981. M.A., Rehabilitation for Counselors and Advisers, New York University, 1971 B.A., Psychology Major, Brooklyn College

TEACHING Learning Annex: Finding your perfect career. New York University: Understanding Personality Dynamics for Career and Executive Coaching Professionals. Columbia University Cornell University College of New Rochelle Touro College

PRESENTATIONS Columbia Business School Alumni Club Princeton University 25th Reunion Midtown Public Library...Career Series Career Development Specialists Network Society for Personality Assessment

OTHER Kellen, B. (2003) Career Development and the High school Student: The Parents League Review. Volume 37 Kellen, B. (2003) Career Assessment As a Resource For the Psychiatrist. Kellen, B. (2001) 1. Sag Factors: Career Derailment Spot Check and 2. Leadership Revisited. In Zichy, Shoya Women and The Leadership Q: The Breakthrough System for Achieving: Power and Influence. N.Y. McGraw-Hill. Kellen, B. & Levine, B. (2000) Debtors Anonymous and Psychotherapy In A. Benson (Ed) I Shop Therefore I Am. N.Y. Jason Aronson.

**Dr. Kellen's approach:**

WHAT IS IT ? When Freud was interviewed for a newspaper, he was asked what was necessary for happiness. He answered, "Lieben und Arbeiten". love and work. The area of work has often been neglected by mental health professionals. My unique training and background has evolved into a comprehensive program. My program will provide strategies and techniques for helping deal with the psychological factors underlying career/work issues. It covers career planning and transitions, job adjustment, unemployment, and internal career barriers. I am sensitive to all personality issues that normally surface at these times; particularly inertia, issues of readiness, indecision, procrastination, anxiety, fear, and self-esteem.

WHO IS IT FOR ? My assessment is relevant to all transitions from high school through retirement and all levels from beginner to CEO. It is strategically designed to encompass the major dimensions critical for success and satisfaction at work. The results are equally relevant to your home and personal life seeing as how lack of satisfaction can be debilitating. This comprehensive objective assessment has multiple dimensions, including an extensive background analysis, clinical

interviews, self-assessment instruments, standardized psychological tests, and 360 feedback. We integrate the five sources and develop an In-Depth Career/Self-Identity Profile. There is a heavy emphasis on strengths and developmental needs as well as career directions that might be explored for “good fit”. An executive coaching action plan is developed. The Career/Self Identity Profile has implications for resumes, networking, job interviews and ongoing career management. Each assessment is customized to meet the needs of the individual. The key concepts of the moment are “adaptability” “transferable skills” ‘good fit” and “meaning”. This process is designed to increase your marketability and versatility and to center you.

#### SOME DIMENSIONS OF AN ASSESSMENT

##### **WORK STYLE** (Work related behavior patterns and traits)

- *What is my natural way of doing things? How do I work best? How do I deal with stress, ambiguity, and change? How do I interact with*
- *people? What is my Emotional Intelligence? How do I deal with authority? What kind of environment would I function best in? What*
- *are the implications of my style in terms of my work effectiveness? What are the implications of my style in terms of*
- *various work functions and roles? Does my personality support an entrepreneurial, management, or sales role?*

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Adaptive/Positive Traits Subconscious Expectations and Themes

##### **COMPETENCIES** (especially those that energize you)

3 kinds of skills

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- Transferable Functional Skills Self-Management/ Adaptive Skills (strengths and weaknesses). Knowledge based Skills (current skills and those you may want to develop)

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3 levels of skills • Skills I currently do reasonably well • Skills that energize me • Skills I want to develop Problem Solving Profile (Cognitive and/or intellectual profile) Analysis includes skills and skills deficits

**MOTIVATION** • *What drives and motivates me?* • *What are my core needs?* • *What functional roles are most suitable to my interest patterns?* Values Needs (achievement, power) Interests Career Anchors: (Security, Autonomy,

Entrepreneurial Creativity, Service, General Management, Technical /Functional Management, Pure Challenge, Lifestyle Balance). **DEVELOPMENTAL NEEDS** (what limits your effectiveness and what you can do about it) • Skill deficits • Behavioral patterns that limit my effectiveness • Internal career barriers • *What specifically stands in my way?* • *What can I do specifically to improve my competitive edge?* • *Which skills should I develop to make me more versatile?* • *What interpersonal patterns might be sabotaging me?* • *What are my internal career barriers?*  
Action Plan