



*Kevin Rhinehart speaking to the health professionals about his stroke*

### **About myself**

For 25+ years, I had a thriving psychotherapy practice until an ischemic stroke hit me in 2012. I thought my life was over, and in many ways, it was. I had to learn to speak, walk, and eat. I had to give up my counseling career and playing my electric bass, amongst other things.

Getting used to the “new” me wasn’t easy. But I did not lose my love for helping people. Along with some others, I started an aphasia stroke support group. Then I discovered triathlons, including completing the World Championship Ironman in Kona in 2016, to show the world that stroke survivors can do some amazing things.

Out of that challenging experience of stroke, Stroke Survivors CAN was born. This nonprofit exists to give hope and empowerment to survivors of life changing strokes.

**Vision is the art of seeing things invisible to others.**

*-Jonathan Swift*

For a free initial consultation to help you find a life fulfilling vision, email me!

### **Email**

[kevin@strokesurvivorscan.org](mailto:kevin@strokesurvivorscan.org)

### **Find Us on the Web**

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### ***By appointment only***

The bottom line is, don’t let anybody define who you are. Don’t let a diagnosis become a prison that keeps you from enjoying life. Don’t let self-limiting beliefs define who you are. Dream big. Ridiculously big.



**Where there is no vision, there is no hope.**

*-George Washington Carver*

**LIFE COACHING**

**KEVIN RHINEHART**

*Stroke survivor turned life coach and triathlete*

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## VISION

**A clear vision backed by definite plans gives you a tremendous feeling of confidence and personal power.**

*-Brian Tracy*

Life Coaching can help you find YOUR vision for your life, for right now and beyond.

Everyone needs a vision. It brings your life into focus, unmoved by current situations. Without it, we are like sailing ships of old, being tossed about this way and that by the winds and waves during a storm of life.

Through Life Coaching, you can:

- Feel alive and powerful.
- Live consistently with your core values and goals.
- Bring your whole being into your world to make it a better place.

**A vision is not just a picture of what could be; it is an appeal to better selves, a call to become something more.**

*-Rosabeth Moss Kanter*

## OWNERSHIP

We all have barriers, and that hinders us from seeing our vision clearly. It is recognizing and owning our blocks that make a big difference in accomplishing our vision. We do not take responsibility for what happens to us which is outside of our control; but we do take ownership of how that event affects us. Through recognition and ownership, we are empowered to overcome those blocks.

**Your vision will become clear only when you look into your heart. Who looks outside, dreams; who looks inside, awakens.**

*-Carl Jung*

Through our Life Coaching partnership, you will be enabled to identify blocks including:

- Beliefs that are holding you back and erroneous assumptions you have made about yourself.
- Other people's vision of who you should be.
- Where you are allowing your label to define you.

## EMPOWERMENT

**Be brave enough to live the life of your dreams according to your vision and purpose instead of the expectations and opinions of others.**

*-Roy T Bennett*

When we identify and deal with your vision and blocks to that vision, you will make changes in your life. With empowerment, you will:

- Develop strategies to help you overcome the hurtful beliefs and assumptions you made about yourself.
- Live greater than your past experiences.
- Balance your life as you pursue your vision.
- Make an impact on the world around you.

**If you don't have a vision, you're going to be stuck in what you know. And the only thing you know is what you've already seen.**

*-Iyanla Vanzant*