

MISSION

LAND ON YOUR FEET (LOYF) FOUNDATION INC. is a 501 (c)(3) non-profit corporation organized exclusively for charitable purposes, specifically to perform community service and development, working with youth and providing resources to communities in need. In collaboration and coordination with external organizations, LOYF will conduct community events; provide mentoring and training to individuals, groups, and organizations for the purpose of development and revitalization of low income and under resourced communities.

MENTORING PROGRAM

This is a planned program. It is the goal of LOYF to create a uniquely designed mentoring program for underprivileged youths that facilitates the development of accountability and build confidence that will result in networks that build trust and improve quality of life.

Topics to be addressed by mentors and quest speakers may include but not limited to topics such as:

- The ingredients of self empowerment and its four key attributes: (1) self control, (2) motivation, (3) persistence, and (4) achievements
- Job interviewing skills: resumes, cover letters, effective communication, and dressing for the job
- Building-block principles: positive values, personal and professional commitment.



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LAND ON YOUR FEET
FOUNDATION

TRAINING COACHING & MENTORSHIP

“Land on your feet (LOYF)” is a concept that I’ve been thinking about for years. It basically means, regardless of your situation you can always land on your feet when you know what “right looks like” in your mind’s eye. Part of LOYF will focus on a compilation of **life lessons** learned after serving 40 years with the Department of Army: 30 of which was in the US Intelligence Community whereby I am now willing to share to a broader audience. Throughout that time I had key developmental jobs at three different echelons, as well as having been Special Advisor to senior leaders where I was consulted daily on matters of mission, operations and personnel. While in these positions, I learned and developed different strategies and courses of action to solve a myriad of problems. I gained in-depth understanding, knowledge, and experience in facilitating and supporting the military force requirements. My background can easily be related to any large organizational dynamics.

The lessons learned aided me –my mentees and protégés– greatly in navigating a maze of challenging personal and professional situations. Moreover, I have been in a position to observe the absence of direction and focus in our youth and recognize the need to provide tools they can use on a daily basis as they mature into adolescence and adulthood. Throughout my career, I have successfully trained, coached and mentored dozens of Soldiers, Department of Defense Civilians and Contractors with their professional and personal development and career. As a parent, I co-raised four daughters in a foreign country to be solid citizens using some of the tools listed below. The lessons learned do not guarantee success; rather, they add introspective tools to an otherwise sparse toolbox.

Having been a trainer, coach, and mentor the majority of my entire career, I am now retired; I have time to do what I want to do; and that is being instrumental in influencing positive change wherever and whenever I can. For years, colleagues, mentees, protégés, and friends have encouraged me to capture my life lessons in a Memoir however; I do not think a Memoir is the right vehicle to get my message across to today's youth.

TOPICS FOR DISCUSSIONS:

- 1 You don't have it until you get it and you're not there until you are there; keep your eyes on the prize and go get it...."ALMOST" DOESN'T COUNT. Persistence is the key!
- 2 At any given time, we're in one of three positions:
 - a. let it happen
 - b. make it happen, or
 - c. wonder what the %#*^&@!! HAPPENED?!
- 3 I can see up there but how do I get up there?
- 4 Sometimes the best thing to say is nothing...take a cup of shut up!
- 5 I am no better than you and you're no better than me.
- 6 Repetition and hard work is the best way to learn.
- 7 Everywhere I go there I am.
- 8 When the mind, heart, and gut are synchronized and focused, you're unstoppable.
- 9 Don't let life treat you, treat life.
- 10 Embrace the suck and control the minute...because it's not going to get any better.
- 11 Don't be scared!
- 12 Assume nothing; CYA!
- 13 If you don't do something, nothing will happen real fast!
- 14 Don't be a "YABUT"!
- 15 Murphy is a sick person.
- 16 Love where you live and live where you love.
- 17 What does "right" look like; outcome, methods, and resources.....
- 18crabs in a basket.
- 19 You can't make the rules to the game until you're in a position to make the rules...
- 20 Don't co-sign on negativity.
- 21 Pay yourself first.

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