

Elizabeth Power and William Morriss

Elizabeth Power, founder of The Trauma Informed Academy and the author of Healer: Reducing Crises. William Morriss, Senior Technology Advisor at IP Toolworks

GREENWICH, CT, USA, July 16, 2021 /EINPresswire.com/ -- Fotis Georgiadis, owner of the blog by his namesake, is a branding and image consultant specialist with a robust background and is a visionary interviewer. With a knack for pulling out a well-rounded interview, not only covering cutting edge technologies and corporate directions but also bringing out the personal side of the interviewee.



Elizabeth Power, founder of The Trauma Informed Academy and the author of Healer: Reducing Crises

The time is now to reach out to Fotis Georgiadis, take advantage of the turmoil across the globe to get your marketing in gear. Preparation before things get back to normal is the key to beating out your competitors. Two client interview excerpts are below.

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Elizabeth Power, founder of The Trauma Informed Academy

- Elizabeth Power, founder of The Trauma Informed Academy and the author of Healer: Reducing Crises Resilience is like a muscle that can be strengthened. In your opinion, what are 5 steps that someone can take to become more resilient? Please share a story or an example for each.

Step #1. Recognize that you can learn to bend, flex, and recover. It is possible to learn the dance others seem to know. If you don't know the steps, you can't even practice. When you do, practice. Practice a lot. I win gold medals for persistence, even if only in my own race.

Step #2. Recognize that self-care is things you do to care for yourself, like massage and manicures. Do you want to amplify them to bolster your resilience? You'll need Step #3. I cannot

tell you how many times I had lunch with friends and it was just lunch with friends. But when I learned what's next? They became a lot more.

Step #3. Use a pattern to help you add meaning to your actions, especially those that are for self-care. I think of it as building a trampoline I can bounce off of—my favorite four posts that hold up the trampoline are connection, contribution, competency, character.

Ask—of each action you take—What connection am I strengthening? To whom or what? What contribution does this action make to the world? Do I have the skills or competence to do this? Does it align with my character? It doesn't take long when you practice it, and your actions become a lot clearer. That mani-pedi I need? Maybe I have a favorite salon with a person. There's connection and contribution. And I'll take a friend with me, which strengthens connections. I know the salon's address and the person I want—that's competence. It's like me, within my character, to do this.



William Morriss, Senior Technology Advisor at IP Toolworks

Step #4. List times in your life when you have been bent over by life and stood back up. Describe what you learned in each one. What gifts did it bring you? Growing up with a physical disability helped me learn how to adapt and be creative. It helped me develop ways of thinking that are helpful in terms of accommodations, new ideas, and blending different ideas. Being diagnosed with DID helped me explore the realms of human consciousness and what it meant to be "me."

Step #5. Install the good regularly. Personal neuroplasticity is critical in growth and healing, and you can use it to your advantage. Before you go to sleep, think about something good that has happened. Feel the feeling it brings, and turn that feeling up for twenty seconds. Rinse, lather, and repeat—three different moments of good from each day, 20 seconds each. That's only a minute. Keep it up. I worked on a version of this, recognizing a moment where I looked in the mirror and thought I was beautiful. I worked that one for six months, and when I went home, my family didn't recognize me.

[The full interview is available here](#)

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William Morriss, Senior Technology Advisor at IP Toolworks

Was there a "tipping point" that led you to this breakthrough? Can you tell us that story?

There were two experiences in my professional career that inspired me to build this software. One was discovering just how hard it was to convey information on patent prosecution to new attorneys I was training. The other was something I could describe as a happy accident that led me to truly appreciate the value of all this knowledge contained in historical patent prosecution documents, that is typically locked away:

This second discovery goes back to a time when I was working on a litigation case. As part of the litigation process, attorneys are responsible for reading through all the negotiations on the patent that's being litigated. One of the arguments that the patent attorney in this case had made happened to be one I had never heard before. I thought it was a really good argument, so I made a note of it, and subsequently used it in my own practice. A little later one of my colleagues asked if I had an argument to accomplish a particular objective, and I did; it just so happened that it was the same argument that I had read in that litigation.

It made me realize just how much knowledge is out there that would normally be beyond the scope of my own experience and that of my immediate network. The Arguminer software changes that; instead of discovering new arguments by luck, you are able to use our tool to search for them in a comprehensive, systematic way.

[Finish reading the interview here](#)

You can reach out to Fotis Georgiadis at the below-listed website, email and social media links to discuss how he can help your brand and image.

About Fotis Georgiadis

Fotis Georgiadis is the founder of DigitalDayLab. Fotis Georgiadis is a serial entrepreneur with offices in both Malibu and New York City. He has expertise in marketing, branding and mergers & acquisitions. Fotis Georgiadis is also an accomplished VC who has successfully concluded five exits. Fotis Georgiadis is also a contributor to Authority Magazine, Thrive Global & several others.

Contact and information on how to follow Fotis Georgiadis' latest interviews:

Website: <http://www.fotisgeorgiadis.com>

Email: fg@fotisgeorgiadis.com

LinkedIn: <https://www.linkedin.com/in/fotis-georgiadis-994833103/>

Twitter: <https://twitter.com/FotisGeorgiadi3> @FotisGeorgiadi3

Fotis Georgiadis

fotisgeorgiadis.com

+1 203-983-1234

[email us here](#)

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