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DAVE SANDERSON SPEAKS INTERNATIONAL



# Dave Sanderson

author | speaker | miracle on the hudson survivor



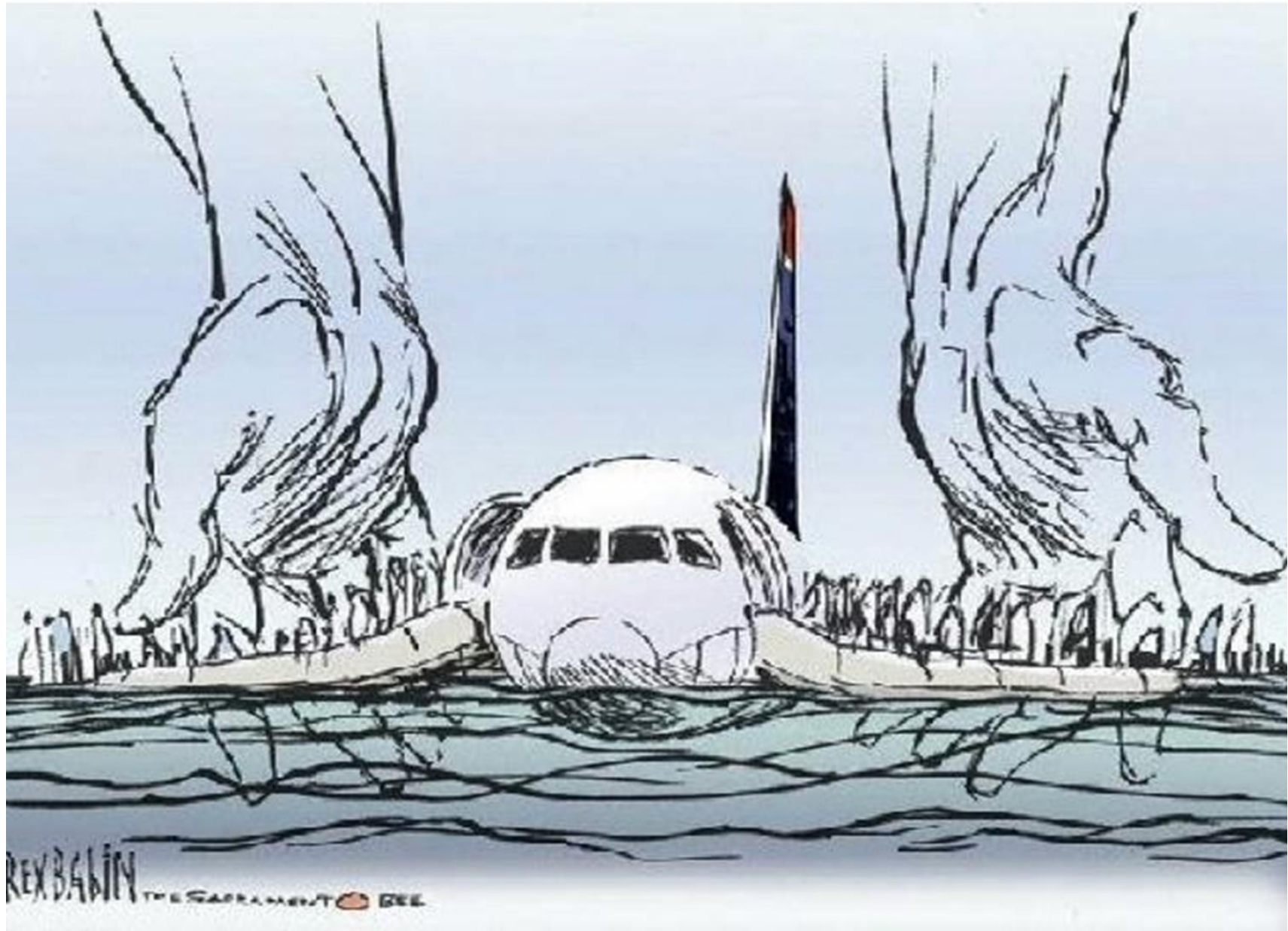






**Dave Sanderson**  
at Palisades Medical Center  
Bergen, NJ | January 15, 2009





# THE MAP

to turn Turmoil to Triumph

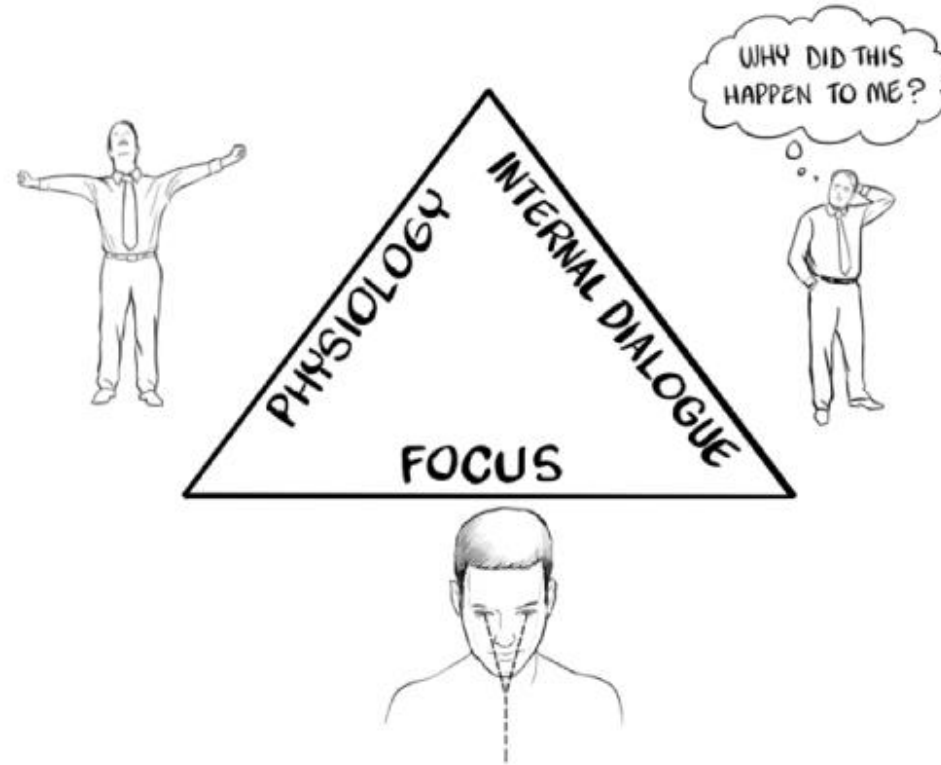
- **Mental Strength**





# Mental Strength

## State Management



# THE MAP

to turn Turmoil to Triumph

- **Mental Strength**
- **Assumptions**



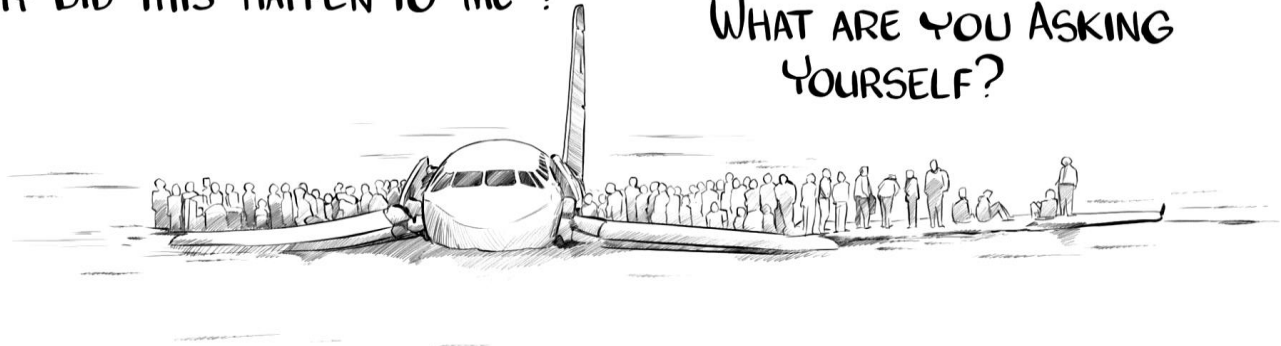
# Assumptions

## The Power of Meaning

MEANING = EMOTION = LIFE

WHY DID THIS HAPPEN TO ME ?

WHAT ARE YOU ASKING  
YOURSELF?



# THE MAP

to turn Turmoil to Triumph

- **M**ental Strength
- **A**ssumptions
- **P**erspective



# Perspective

## Your Primary Question

Your primary question is typically that question that keeps coming up or “naturally” being answered when you find yourself in a stressful situation. Or if not stressful perhaps unpleasant situation

# Primary Question

**Why does this always happen to me?**

**or**

**This happens to me for a reason and a purpose and it serves me.**



One Final Thought

**Grace is fueled by Gratitude**



One Final Thought

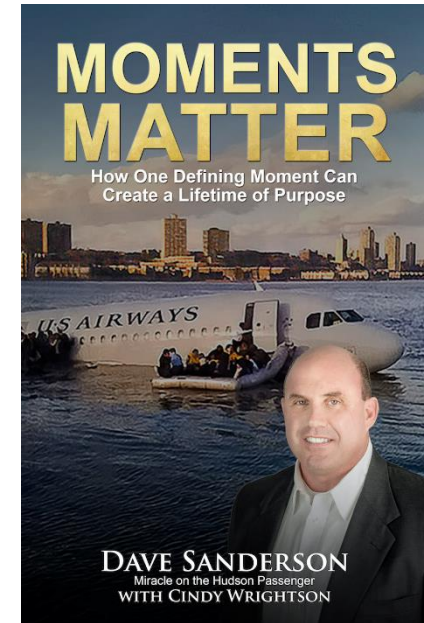
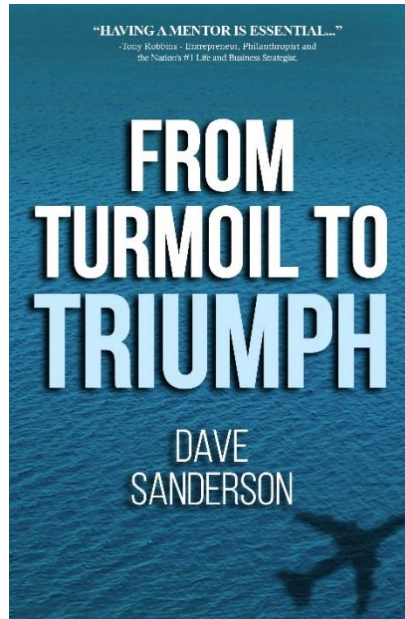
**Grace is fueled by Gratitude**





# DAVE SANDERSON BOOKS

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be  
the **Inspired Leader**  
you were BORN to Be



*Equipped* with focused execution *Empowered* with resourcefulness *Transformed* through gratitude

