

Unshakeable Living: Building Resilience, Purpose, and Confidence in Life's Second Act

Course Overview

This 3-week series helps participants rediscover confidence, purpose, and resilience in life's second act through *The Unshakeable Method*, a framework used by global organizations to develop leaders and strengthen personal growth. Each week builds upon the last, offering reflection tools, interactive discussion, and practical strategies that help learners live with greater clarity, courage, and joy.

Schedule: Wednesdays | 10:30–11:00 AM | November 5th–19th, 2025

Location: UNT Support & Services Building, Room SSB 102

Instructor: Kenneth Allen Thomas | Founder, *The Unshakeable Method*

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WEEK 1 – Transformation & Resilience: Becoming Stronger Through Change

Objective:

Help participants identify areas of personal transformation and learn how to build resilience through life transitions, challenges, and change.

Key Points:

- Transformation begins when we stop asking “*Why me?*” and start asking “*What now?*”
- Resilience is not resistance; it’s the ability to *recover and rebuild*.
- Growth often hides behind discomfort.

Interactive Activity:

- “The Turning Point” Reflection: Write down one major life change that shaped you.
- Discuss: What did it teach you about strength?

Takeaway Quote:

“Your transformation doesn’t begin when life gets easier — it begins when you choose to grow where it’s hardest.”

Handout 1:



“Resilience Reflection Worksheet”

- Prompts:
 - One challenge that made me stronger...
 - What I learned from that experience...
 - How I can use that strength now...
 - One area where I still need to grow in resilience...
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WEEK 2 – Relationships & Communication: Building Connection That Lasts

Objective:

Teach participants how to strengthen relationships and communicate with more clarity, empathy, and confidence.

Key Points:

- Healthy communication starts with healthy *listening*.
- Relationships thrive when we lead with *understanding*, not reaction.
- The goal isn’t to be right — it’s to stay connected.

Interactive Activity:

- Pair or group discussion: *“What’s one relationship that taught you something about yourself?”*
- Role-play a short “Unshakeable Listening” exercise: one talks, one listens without interrupting.

Takeaway Quote:

“The bridge to every strong relationship is built with understanding, not agreement.”

Handout 2:

 *“Unshakeable Communication Guide”*

- 3 Listening Habits to Strengthen Connection
- “Pause Before You Reply” 10-second practice
- Conversation Reflection:
 - What did I hear?
 - What emotion did I sense?
 - What truth can I speak in love?



WEEK 3 – Unshakeable Faith: Living with Purpose and Legacy

Objective:

Encourage participants to live from their *why* — aligning their experiences, values, and vision to leave a lasting impact.

Key Points:

- Faith gives meaning to every stage of life.
- Purpose doesn't retire — it evolves.
- Legacy is not what we leave *behind*, but what we leave *within*.

Interactive Activity:

- “Legacy Letter”: Write a short message to your future self or family about what matters most.
- Group discussion: “What impact do you hope to leave in this season?”

Takeaway Quote:

“You may be in your second act — but God is still writing your story.”

Handout 3:



“The Legacy Plan”

- My Core Values: _____
 - My Life Mission Statement: _____
 - One Way I'll Serve or Encourage Others This Month: _____
 - My Unshakeable Declaration: *“I will live with purpose, lead with peace, and finish strong.”*
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Materials Needed:

- Instructor's flash drive with slides
- Whiteboard or flip chart (optional for interaction)
- Copies of weekly handouts (provided electronically or in print)