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EARN THE DAWN

Resilience. Grit. Resistance.

2026 OAPT Fall Conference

OCTOBER 7, 2026


MAYBE.



Meet Your Presenter

TOM SPEAKS

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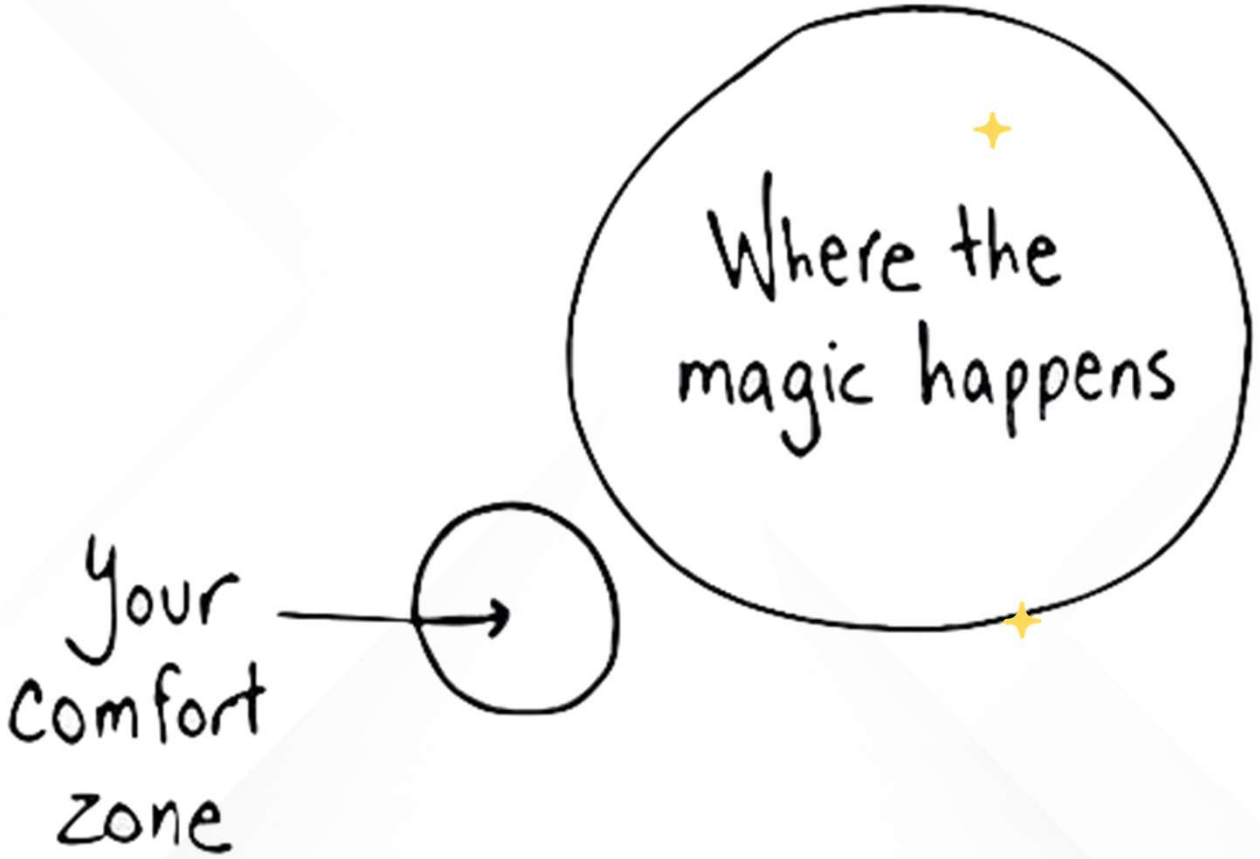
Tom is an appreciation advocate, marketing and communication expert, professional speaker, community engagement guru, statistical polling analyst, and published author (Hannibal – The Forging, Linh – Dying Pride Meets Living Wisdom, and Appreciology – The Art and Science of Appreciation…all available on Amazon). Tom is also a husband, father and fitness nut.

WHAT DO YOU WANT?


EARN THE DAWN


Where the magic happens
Your comfort zone


RESISTANCE



Resistance never sleeps
Resistance aims to kill
Resistance keeps coming
Resistance is fueled by fear

Resistance is the most powerful at the finish line.



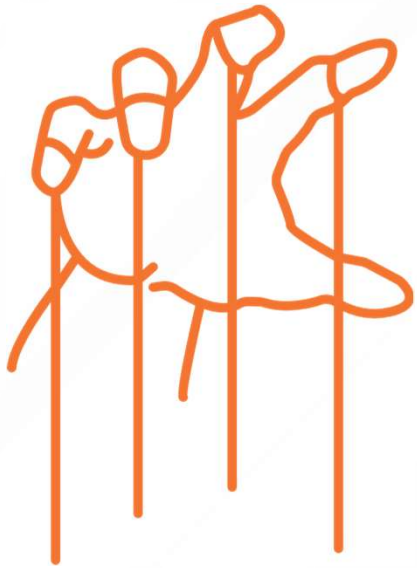

Combatting
Resistance

Combatting Resistance

"I DESPISE RESISTANCE. I WILL SIT DOWN AND DO MY WORK! I'M A PROFESSIONAL."


THE OBSTACLE
IS THE WAY.

Dichotomy of Control



"You have power over your mind, not outside events, realize this and you will find strength."

– Marcus Aurelius

The Flow



"Don't seek to have events happen as you wish,
but wish them to happen as they do happen,
and all will be well with you."
– Epictetus

"Loss is nothing else than change.
And change is nature's delight."
– Marcus Aurelius

Memento Mori

"Think of yourself as dead, you have lived your life, now take what is left and live it properly."

– Marcus Aurelius



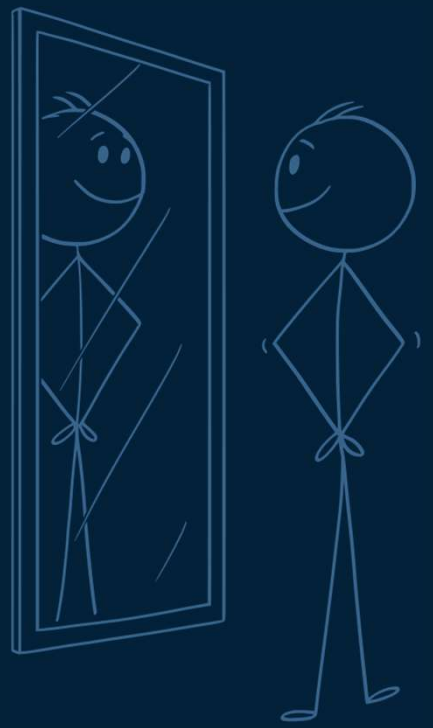
"Remember that you must die."

– Memento Mori

Power of Reflection

"Every night before going to sleep we must ask ourselves what weakness did I overcome today? What virtue did I acquire?"

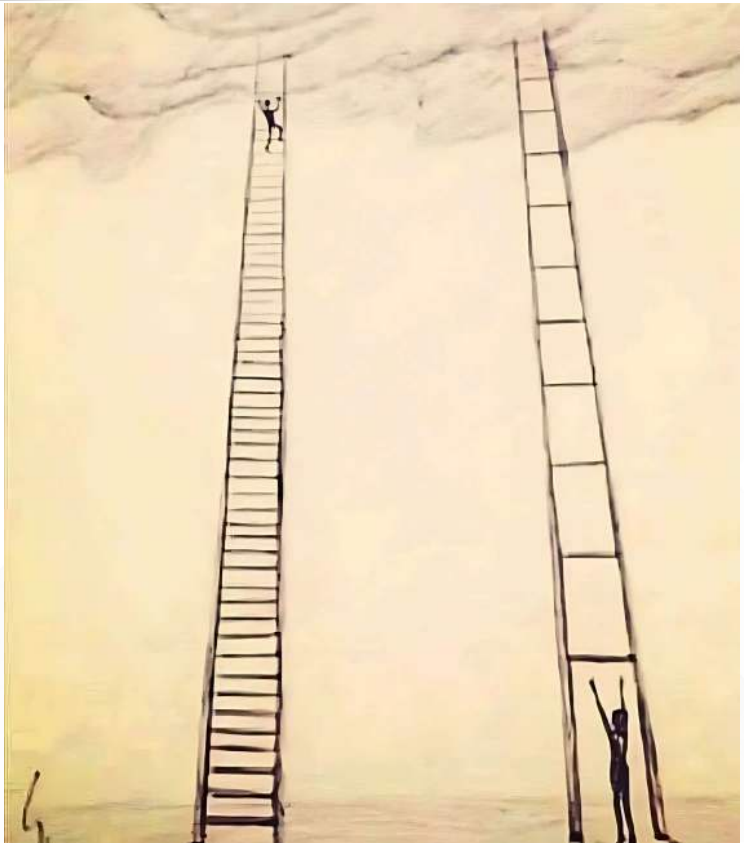
– Seneca



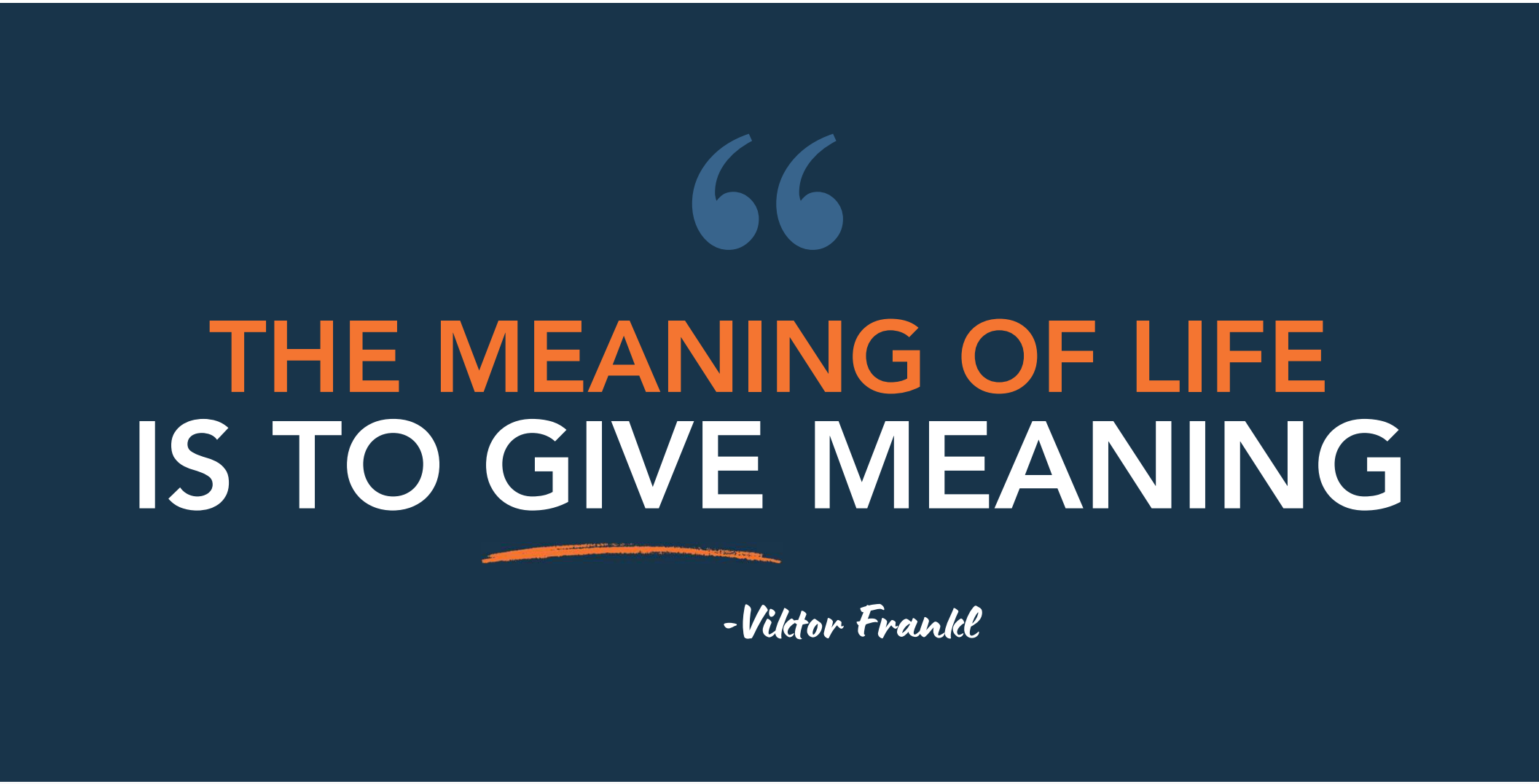

GRIT

Discipline
VS.
Motivation

THE IMPORTANCE OF SMALLER STEPS




RESILIENCE
Stress + Recovery = Resilience.



“

THE MEANING OF LIFE IS TO GIVE MEANING

-Viktor Frankl

JAMES STOCKDALE



Brutal Facts & Unwavering Faith


2,714 DAYS

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THANK YOU!

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Please reach out to continue the conversation!