

# The Secret to Power Moves?

*It Ain't Solo - Get Your **WIND** Together*

*"Exhale the fear. Inhale support. Rise with your second wind." Because résumés open doors, but people help you walk through them.*

*- Monica Sauls*



There was a season in my life when I was trying to muscle through a major career transition on my own. I had the spreadsheets, the vision board, and the color-coded plan. I even had a killer résumé. But I didn't have my people. And let me tell you, that made all the difference.

We've all heard that old saying: "If you want to go fast, go alone. If you want to go far, go together." I learned the truth the hard way. I was burned out, second-guessing myself, and spinning my wheels. What I really needed wasn't another job board or another pep talk in the mirror. I needed a team. A tribe. A crew. Your second wind is powered by the people who believe in you.

That's when the **Second WIND** came to life. I researched and wrote a book around this concept.

In those in-between moments, when you're too far from where you were, but not yet where you're going, you need more than hustle. You need support. You need clarity. You need truth. And most importantly, you need energy. That's what WIND is all about. Who do you have supporting your transition or the power move you want to make? This is your personal board of directors. Activate them immediately.

Let's break it down:

**W** is for **Winner** – the one who reminds you you've got receipts. They've seen you in action and will help you connect your past skills to your future vision. Mine was a former colleague who always kept it real about what I bring to the table.

**I** is for **Igniter** – your spiritual hype person. They may not know your career field, but they know you. My igniter prayed over me, cheered for me, and reminded me I was more than my last title.

**N** is for **Naysayer** – not the hater, but the truth teller. The one who's not afraid to challenge your logic, poke holes in your "perfect plan," and make sure you're not building castles in the sky. I call mine "lovingly brutal." And I needed every bit of it.

**D** is for **Dreamer** – someone who understands the industry, the trends, and what's possible. They'll help you see around corners, imagine new paths, and prep you for those next-level opportunities. My Dreamer? She could see five steps ahead when I could barely see one.

Once I assembled my WIND crew, things started to shift, not instantly, but steadily. My vision got clearer. My confidence grew stronger. I stopped operating from fear and started moving from purpose. I had a team that reminded me I wasn't in this alone, and that I didn't have to be.

So if you're standing at the edge of change, wondering if you have what it takes, **YOU DO!** But don't try to power through on your own.

Get your **WIND** together.  
Let your people lift you.  
Then... go make those power moves.

