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7 SEAS OF SURVIVAL & SUSTAINABILITY

A Law Enforcer's Guide to a
Successful Career

7

SURVIVAL
SUSTAINABILITY
SUCCESS



CREATION
COVERING
CHECKLISTS
COMMUNICATION
CHALLENGES
CLARIFICATION
CATASTROPHE

SIDRA "CEECEE" SHERROD-STRONG



7 SEAS OF SURVIVAL &
SUSTAINABILITY

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7 SEAS OF SURVIVAL &
SUSTAINABILITY

1

COMMUNICATION

2

CHECKLIST

3

CLARIFICATION

4

CREATION

5

CHALLENGE

7 SEAS OF SURVIVAL &
SUSTAINABILITY

6

COVERING

7

CATASTROPE

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7 SEAS of Survival and Sustainability

Food for thought...

In today's world, we find reasons to justify things that make sense to us. This seldom allows room for one to have objective thinking about how others perceive the same situations, occurrences, and even some life-altering events.

The real questions should include how your actions impact others...if you care enough...

In an effort to survive in life, one must prepare outside of themselves and outside of solely their own thoughts; for any changes that could happen at any moment...

Most people question:

If it didn't happen to me, why should I care?

Answer: You should care....because it could happen to you...

So goes the need for the 7 Seas

Preparation Checklist

Imagine you are packing for a vacation to a destination you have always dreamed of...

You might want to prepare in advance for taking inventory of the items you already have, plan to purchase needed items, and begin the process of P.A.C.K.ing - keeping in mind the luggage weight limits and spacing under the seat in front of you...of course.

Whatever the case, this process requires planning...

The best planning takes place well before the date of travel...

TRAVELING THROUGH LIFE IS NO DIFFERENT...as it requires that you learn how and what to

P.A.C.K.

Preparation

Assessment

Calculation

Knowledge

Make sure you know exactly how to P.A.C.K.

7 SEAS OF SURVIVAL AND
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CHAPTER ONE

COMMUNICATION

IF WE ARE NOT CLEAR..., WE CAN ONLY CREATE
CONFUSION

SIDRA "CEECEE" SHERROD-STRONG

Communication is the most fundamental tool not worn on any gun belt by any law enforcement officer around the world. It can make the difference between safely going home at the end of one's shift and a life-altering shift in one's career.

For example, gaining compliance from a person you are now required to arrest might require dance and balance in your voice and tone. Even with the rise in your own anger level, it is essential to realize and seek to understand the possible lack of comprehension of **your** desired outcome by the "arrestee."

Believing that you have communicated well to the person you are speaking with, simply because it seemed plain to you when you said it, is faulty thinking from a leadership standpoint.

You should be guiding the outcome and not the other way around.

We must learn to assume that there are parts of our communication that are not clear, until we are **assured** that our communication is understood.

Here are just a few tips on how to gain assurance of this clarity:

- *Ask if your message is being understood

- *Be specific with who you are speaking with/to and what you want

- *Try using a quick mental assessment of the G.A.P. in understanding (what you hope to Gain, what Actions you will take just in case and your Planned intentions...)

Learning to close any G.A.P. in communication is the cresting of the first wave in the 7 SEAS...

It requires self-control and maturity...realizing what is most important, hopefully a safe outcome for all involved.

Communication is everything. It is the magic that brings each of the 7 Seas into alignment. Without communicating needs... failure is just waiting to tag or “sub” in for success.

We T.A.L.K. it out to gain clarity for what is desired, needed, required and hoped for.

- Taking time to understand what's being asked
- Approaching the needs with objectivity
- Leaning into motivating others to communicate, too
- Knowing what's not working and when shifts are needed

We communicate in many ways and should strive for clear and concise messaging that doesn't further confuse the overall process. Taking the extra moment to say what you need to is important. Your words might be the key ingredient for the last puzzle piece of completion and success to snap in.

Fear of what to say and even at times fear of who we are speaking to can, at times sends us into paralysis of the tongue while our minds reason through and assist in the justification of remaining silent.

It's important to understand how beneficial it is to use input from all around and those you work with to fill in gaps within even your own project design.

Good communication sets the tone for successful projects and growth. It is the doorway to change, once anyone removes person hurts, the past, and mistakes, first from their minds, and then the mission.

The hope is for each communicated "brick" of information to build a bridge and not a wall.

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CHAPTER TWO

CHECKLIST

WITHOUT A PLAN TO FOLLOW...IMPROVEMENT
IS NEXT TO IMPOSSIBLE

SIDRA "CEECEE" SHERROD-STRONG

Checklists give us structure. We walk through life with many things "to do" each day. How does one rein in thoughts and needs to get through the day productively and successfully?

Checklists allow for remembrance. They remove the need to remember everything needed to complete the day.

By listing out your day's needs, you allow for the completion mindset. By checking off something you have done, you are patting yourself on the back.

YOU DID IT!!!

Now, on to the next amazing accomplishment!!! It does not matter how small or big the listed item is—you did it. Take a bow or curtsy. It's yours!!!

Checklists are also perfect documentation platforms for future reference and growth. They become references for what happened and recipes for planning for the future. Sounds simple - right?

It truly is once you remove the mindset of needing a step by step plan or way to go about it - it starts with you! They can be your very own personalized scripts.

Checklists take all guess work out of what is needed and act as triggers for what is next, as you progress.

Take for example the baking of a cake. Ingredients are needed for the cake to "bake well."

Checklists help us "live well." We get things done while tracking our day. We evolve and grow in a pattern of completing steps in what life demands.

Allow L.I.S.T.S.:
 -LEVERAGING
 -INTENTIONAL
 -SYSTEMS
 -TO
 -SUCCESS

Checklists free you from having to recall what happen - by being able to read it!!!

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CHAPTER THREE

CLARIFICATION

IF I AM UNCLEAR IN THOUGHT...I WILL BE
UNCLEAR IN PROJECTION

SIDRA "CEECEE" SHERROD-STRONG

Gaining clarity in any situation is key to better communication. When we seek to clearly understand what is being conveyed to us, we improve systems, free up time to channel in other directions, and simply get things done.

Asking someone for clarification should never be received as not trusting them. It bridges the gap between what was said and what is understood, which can be vastly different from the reality of what is factual. This is true for both sides of any planning, project, or team goal.

We should constantly strive to be as transparently clear as possible in verbal and written communication.

Clarification requires mature thought, including humbling oneself to ask and, on the receiving end, being humble enough to listen. This also takes patience with others as they seek to be understood.

Using the A.S.K. Method can make obtaining clarification easier in the workplace.

- Ask for clear directions or guidance

- Suggest possible supportive steps for completion and assist with offering an idea about what you think is meant by another's statements

- Know policies and procedures or how to search to find them

One should never be too prideful to pause and gain clarity for what comes next. It is the wise one who does not continue down the wrong road to prove an *ALWAYS RIGHT-ness* which is not reality. No one person is right all the time.

Clarification frees up time, makes work more concise, and lays the foundation for better teamwork and productivity.

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CHAPTER FOUR

CREATION

CREATION OF SET PATTERNS WITH HOW YOU
CONDUCT BUSINESS LAST FAR BEYOND WORK...
IT BECOMES YOUR WORK LEGACY

SIDRA "CEECEE" SHERROD-STRONG

Creativity is not a muscle that can strengthen on its own - while left without nurturing.

We bring our experiences and mindsets to the workplace to enhance the overall mission. The key is learning how to use our gifts to support the mission, our co-workers, those we serve, and those serving us.

K.E.Y.

-Knowledge

-Education

-You

It is important to use existing Knowledge to draw your experience into the equation as a warning sign and lesson in remembrance. It would be best to gauge where you are and how much Education you will need to shorten any gap or learning curve and ground yourself in what's needed. It all starts with You being able to pause and ground yourself in what's needed, important; and to prioritize what comes first.

Strengthening your creativity muscle and using the K.E.Y., you can unlock a new way of thinking and bring hope for growth in any environment.

If we don't use our gifts, we stand to lose our gifts. Creativity exercises can be tested through Pilot Programs that can then become proven methods to how improvement happens. Testing what *could work* may just lead to what *will work*.

Navigating through the 6th SEA of creativity means seeking to create checklists, brain books, recipes, and roadways for reaching others to form a coalition of great, eager, and focused minds for the betterment of the individual and the entity they are connected to in the workplace.

Be the reason someone else wants to create and get to work supporting growth within your own circle of influence.

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CHAPTER FIVE

CHALLENGE

EACH CHALLENGE SHOULD ADD ANOTHER RUNG
TO THE LADDER OF LEADERSHIP

SIDRA "CEECEE" SHERROD-STRONG

Challenges come at the most inopportune times. We are usually caught off guard by occurrences outside of our control. When challenges strike, we often instantly react, freeze, run; being shocked into any number of reactions.

Preparation beforehand is key to surviving challenges. Planning for even the unknown possibilities matters most.

Recognizing the "out of the ordinary" occurrences and having ways to be ready to memorialize these moments takes skill.

S.K.I.L.L.

- Stop and consider initial needs
- Know your available resources and abilities
- Implement strategies to create a passive to gain time
- Leverage what you already know, have, and the actions you can take to immediately solve problems

-Leave one challenge prepared for similar situations in the future

Document as you go and as things unfold. Track everything, using lists and time lines, capturing what worked and what didn't.

Remember that you should be tracking your steps to create checklists for other challenges that arise. Remember, also, to breathe and solve problems from the larger ones to the less significant.

Challenges are unavoidable, but you can take measures to be ready, during times when times are stable.

Having a blueprint of what has taken place and using it for planning and strategizing improvements can make all the difference in the world.

Plan...Plan...Plan... and stay ready!!!

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CHAPTER SIX

COVERING

COVERING YOUR BASES CAN MAKE ALL THE
DIFFERENCE AND CAN BE A LIFE RAFT

SIDRA "CEECEE" SHERROD-STRONG

We've all heard the expression, "*You have to cover your bases.*" This is also said in another way, but we'll keep it G-rated.

It stands to reason that it is necessary to be thorough in your reporting, written documentation, and delivery in writing and reports. What people often leave out is making sure they keep records of what they are reporting or encountering each day.

It sounds like a lot to have to, in essence, double-track your work, but faced with being accused of wrongdoing could, in an instant, shift this way of thinking.

The 7 Seas Training allows you to learn a proven method of tracking and being ready for things that arise or remain just under the surface, until much later in your career.

It behooves you to be ready and stay ready.

Using the acronym R.E.A.D.Y., you'll explore ways to have more on your gun belt than what is issued through logistics.

Being R.E.A.D.Y. means:

- Realizing that some challenges you have could put your job and you at risk
- Evaluate each situation and don't be misled about what's not true; continuing to stand on what is true
- Advocate for yourself along the way with each contact internally within your agency
- Deal with problems that arise, promptly
- You are responsible for your written, verbal and all work bearing your name

Planning and working to have a daily way to capture the important events in your work day is just good business.

Be R.E.A.D.Y. so you don't have to get ready in the moment.

7 SEAS OF SURVIVAL AND
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CHAPTER SEVEN

CATASTROPHE

IT IS THE CATASTROPHIC EVENT THAT MAKES
US REALIZE THAT WE SHOULD HAVE PLANNED
BETTER

SIDRA "CEECEE" SHERROD-STRONG

Imagine life at work is going well, or at least everything is parked in neutral. Your phone rings, and you're asked to meet your supervisor in their office. You arrive and are told you're being fired. What's the next move?

You cannot explain why this is happening, but it is, and you're not just dreaming.

After slowing your breathing or snapping back from the shock—especially without having asked more questions, like those now swimming all through your brain—you scramble to find the answer to WHY?

What could you have done to make yourself the target or person on the chopping block? Was there something there all along, and you just didn't want to see it!?

Where do you start to get answers to all the questions you didn't ask of your boss?

Might we suggest you that P.A.U.S.E. before your next move.

- Prepare a checklist of all you need to collect in documentation for possible reasons for why this is happening
- Ask clarification questions if it's not too late or if the opportunity presents itself, as soon as possible after the incident to ensure covering protecting yourself.
- Use your creation from the past tracking, journaling, and note taking to your advantage
- Send yourself an email with as much as you can remember about the incident
- Educate yourself about your rights in this situation and communicate with the entities that matter most (i.e., complaint departments, legal counsel, etc.

If you know you've done nothing wrong, don't internalize it and give up. You deserve truth and thorough information from your employer.

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*If you're ready to learn
more about the
7 Seas of Survival &
Sustainability, and to plan
for a safer future in the
workplace, visit:*

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*Then join our growing
community for change!!!*