

2022 Winter BrainStorm - Undaunted Resiliency: Falling 7 Times, Getting up 8 with Glenn Bott

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JEAN  
LENGENFELDER:  
00:00

Welcome to our quarterly virtual speaker series, Fall BrainStorm. This series is sponsored by the Kessler Foundation as part of our TBI Model System grant, which is funded by the National Institute on Disability, Independent Living, and Rehabilitation Research. Before I introduce today's presenter, I'd like to review just a few housekeeping items. First, there will be a question and answer period after the presentation. I'll go over the format of our presentation after for our question and answer period. Secondly, we're going to mute everyone during the presentation so we don't have any background noise.

LENGENFELDER:  
00:42

It's now my pleasure to introduce Glenn Bott, who will be presenting today, fall down seven times, get up eight. Glenn Bott, a vibrant and enthusiastic lover of life, had his life forever changed when he was struck head-on by an SUV while bicycling after work. In a coma for over 10 days, he lingered between life and death. Once Glenn emerged from his coma, he spent months in a rehabilitation hospital where he had to relearn to walk, talk, swallow, and think. His training and beliefs prior to the collision helped him fully recover, surprising his doctors and therapists. These thoughts and beliefs, along with his love of life, saved him. He'll share with you why he survived an ER diagnosis of, "He won't likely survive. And if he does, he'll have very high odds of being severely brain-injured and require assistance for the remainder of his life." We welcome Glenn as he recounts his healing process and engage you with moving stories of how his strong sense of self and awesome wife assisted him in not only surviving, but coming out the other side an improved version, Glenn Bott 2.0. Thank you, Glenn, for being here with us today.

GLEN BOTT: 02:06

Thank you for the invitation. Fellow attendees, today's talk, fall down seven times, get up eight, I came up with this name because that sums up my training and my life prior to the TBI. So what I want to do today is recount a little bit of what happened and then share with you some tools and techniques that can help you improve and move forward in your life. And the screen's black. So nothing went wrong. This all started back in '04, a day after the summer solstice. And I like bicycling. My wife had a little store. I call it a chick store. It was home furnishings, jewelry, everything the ladies like for around the house. And I was a loan officer for a mortgage company. My wife was going on a shopping trip for the store the next day. And I got done a little early. So I called her and says, "Hey, sweetie, I'm going to go for a bike ride. And then we'll hook up for dinner." And she said, "Perfect. I'll be home. We'll do it." I got home. I change into my biking gear and headed out.

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BOTT: 03:26

My wife comes home about an hour and a half, two hours later, no Glennie. She doesn't think a lot of it because I've had flat tires before. So she continues going about her day, finishes her packing for her trip, getting things ready, saying hi to the dogs. And then a little longer time goes on, still no Glennie. Darkness is falling. Now she's getting more concerned. She calls her brother who lives out where I used to ride a lot on this trail. And she says, "Hey, have you seen Glenn?" And [inaudible], "No, I haven't seen or heard from him." And you got to remember, this is back in the day before we all had a cell phone glued to our hips. So they couldn't call me. I didn't have it with me. So they break up and go out and do a search around this little trail I ride, no Glennie, no sign, no bike, nothing. No one's seen me. At this point, they decide to call the cops and report a missing person. So they call in. And then the receptionist takes the call and says, "Hold on a minute. What was he wearing?" My wife said, "Well he had a purple bike. And he always wears a yellow bandana." And I wear a bandana because I sweat a lot. And the receptionist says, "Hold on a sec," comes back and says, "Someone matching that description was taken to the local hospital. You need to get their ASAP."

BOTT: 04:57

Whoa, this was not what they were expecting. They all pile into the car, head out. I'm sure some speeding was involved. She walks into the emergency room. And she's looking around, "Where is he? Where is he? What's going on?" And the receptionist takes her back to the doctor. The first thing that doctor says is, "Come here, we want you to identify him." This is what she saw. She identified it, "Yep, that's him." So the doctor explains. I've had a serious and severe traumatic brain injury. I was hit head-on by an SUV right at the start of my bike ride. This all happened a couple blocks from home. The doctor explained that because of my age and the severity of the injury, extremely low odds that the lifestyle we had before would continue. He said, "Very high probability, he'll need 24/7 care and maybe get to a cognitive skills of a third or fourth-grader. The critical thing at the moment is to get him through the night. If he lives in the next 24 hours, we're good." I had the lowest possible score on the Glasgow Coma Scale. I had a three. I was not responding to pain, to sound, or to light.

BOTT: 06:24

So after the doctor left, my wife grabbed me much as she's holding me here. And she leaned forward, and she says, "Don't listen to them." She said, "If you want to go, I understand," meaning if I want to die, that's fine. And she said, "I'll miss you. But if you want to come back, we can do this. We can do this." And then she started repeating the words, "You're strong. You're smart. You're capable. You're strong. You're smart. You're capable," over and over and over and over. She did this throughout the night. At one point, she stopped to catch a breath. And she was holding my hand. And I gave her just a slight little pump like that. At that point, she knew I was there. I had heard her. And I was

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coming back. So game on at that. She says, "Okay. Let's do this." In preparing for my talks, I did some research. No one will ever say what the odds were. But roughly, that little white dot shows you the odds of recovering, one in a thousand, maybe even less. The one in a thousand based on my research was more used to be a-- not even 24/7 care, maybe cognitive skills over a third or fourth-grader. It'd be much smaller to fully recover as I have.

BOTT: 07:49

So what I want to share with you today are the techniques I used to fully recover. My mantra became, after I survived, as you know, "Let's help others live a better life." These are my first conscious thoughts. I wake up one morning, and this is what I see. And our brains are interesting because they take the information that's coming in, and they match it up with what's already there and create a story out of it to make sense. So the story I created was that I'm on a golfing trip in Utah with my brother-in-law. And we're obviously in a very fancy hotel because every bed has its own mosquito netting. I was looking out the window. And my neck was all messed up. So I had to roll over. And I could see out the window. And there was a tree there with some light shining up on it. And it wasn't a Colorado tree. I said, "Hey, I lived there my whole life. I know Colorado trees. And that's not one. So we're obviously in Utah, on a golfing trip." I said, "Now how cool is this?" And it's a five-star hotel. And then here's a picture of my room. I'm like, "Oh man, we are living high on the hog. This is good living." It turns out, I'm in the old Posey bed at Craig rehabilitation. And they zip you in these-- I don't know if anyone else has, I don't mean to rehash old information. But once you've had a brain injury, they put you in this so that you don't accidentally fall out or get up because a lot of people don't have good balance. So this keeps you zipped in because another impact to the head could be fatal. And that's how I created my little story. And that began the adventure.

BOTT: 09:43

Here's a picture of my little lady. I give her the bulk of the credit. She's the one that's spent all that time there talking to me over and over, giving me my story, "You're strong. You're smart. You're capable." She would come there, and this was a 45-minute drive from where we live to the hospital, take care of me during the day, talk to me, take me to therapies. And she'd leave later in the day, about dinnertime, go back, take care of her store, do the paperwork, et cetera, et cetera. So that became our life for a few months. As I started recovering, the people at Craig said, "Okay. We've got to meet the therapist. We got to get things getting back online," as I say, "Get my brain back online." So they give me a test to start with. Out of 60 items, and these are the basic items, a fish, a tree, a cloud, they give me 60 of these, and I got 3 correct. And this took the wind out of my wife's sail. She's like, "Whoa, I didn't realize it was that bad." I've always been a smart guy, a quick study. But when she saw that, she was like, "Holy cow, it's worse than I

2022 Winter BrainStorm - Undaunted Resiliency: Falling 7 Times, Getting up 8 with Glenn Bott thought." She never let me know this. But she knew we had some work to do. So I begin my rehabilitation.

BOTT: 11:09 Coming out of my cocoon, this was kind of the phase we called it, I had to start over. I had to relearn the basic skills, how to use a knife and a fork, how to walk. I couldn't talk real well. I talked a more staccato. The words would come to me. But I couldn't enunciate them. And so my speech was more like this, very broken up. And I call it staccato. So I had to get my brain back online. And I was very committed to this. I credit a lot of my survival to my early training in Coors. We were a small group. I call it the warrior training. There were like 10 of us. We were very loyal to the family. And our job was to improve the performance. So I had a lot of training on thinking differently, lateral thinking, being creative, leadership training, et cetera, et cetera. I knew and understood the power of our minds and the story we tell ourselves. I also had some mentors outside of Coors that helped us.

BOTT: 12:33 So now I'm in the phase of you have to reinvent yourself. And this is what I want to focus on today. That was background information. What I want to share today is some tools and techniques for the people out there because I realize you didn't have the training I had. You didn't have that advantage going into it. And I've got a picture here of Dorothy from The Wizard of Oz because I remember I used to joke about it, "We're not in Kansas anymore," [inaudible] clicking her heels talking to Toto and saying, "Toto, we're not in Kansas anymore." So at least for me, after I had a brain injury, I had to relearn how to do pretty much everything. So I'll share with you what worked for me. Develop your vision. What is it you're going to do? What's your mantra? And take baby steps. Move slowly. Be patient. Use whatever's available around you to help you move forward with your eye on your vision. And always ask yourself, "Whatever is happening, how can this help me? How can I use this to my advantage?" Step one, establish your vision, again, from my project management days. What is it you are about? What's your mantra? And I can remember this like it happened yesterday. I'm coming back from a meeting. This is at the Craig rehab. I had a meeting with my doctors and therapists. And the doctor told me that my progress at that point had plateaued. It had been going up previously. But now it was flat. And he said, "Don't worry. It won't go down. But it's just not improving as it used to." He goes, "Everyone's unique. Every situation's unique. We're not saying that it's over. But it's where it is now."

BOTT: 14:32 So as my wife and I are walking back to my room, and I had to hold on to the-- they have railings along all the walls there because my balance wasn't the best. So I'm holding on to the railing, kind of shuffling along. And I stopped there. And I tell her, I said, "I'm not doing this." And she said, "You're not doing what?" I said, "I'm not going through life brain-injured. I'm going to fully recover. And no one will ever know I had this

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accident." And she said, "All right. Let's do this." And that became my mantra, fully recover, no one will ever know. So again, share with you what I did, what worked for me, that was my vision. So I suggest to you, come up with your vision. Make it something as personal to you, you have strong feelings about. And repeat it to yourself many times throughout the day. Write it down if necessary.

BOTT: 15:36

And then here are some of the tactics I used to recover. As I said, I was a loan officer for a mortgage company. So I had some flexibility. Plus I had come from a TBI. So they gave me even more flexibility. I learned quickly that I had the memory of-- I used to say, "I had the memory of a fly," maybe a few seconds. So I learned you got to write stuff down. And there's power in writing things down because when you write it down, your mind is engaged in the writing. Physically, your hand's holding the pen. You're writing that. And then afterwards, you have the visual reminder. And so I learned to write down a little note, sometimes, just a word. And I'd put it on our island in the kitchen that I would walk by several times during the day as a reminder, a little note, "Oh yeah. Oh yeah. I got it." So that was very useful. I then used mindfulness. Be very conscious of what you're doing. I remember, to help recover, my wife said, "You take care of locking the doors at night." And so I would say yes. And then she'd say, "Did you lock the doors?" To be honest, I couldn't remember. I had no idea. So I started becoming very mindful. I would turn the lock, feel it, hear it click, "Okay. I got it." I also learned that linking something you want to remember to a positive emotion helped me remember it much better. So if I want to remember someone's name or [inaudible], I would link it to a smile or the lunch we were having, the moment, very positive, very helpful to me.

BOTT: 17:26

And I also remember-- I want to share with you the words of Henry Ford. He said, "Whether you say you can or can't, either way, you're right." I always liked that. So our minds are incredibly powerful. So use that to your advantage. I would also reinforce old memories returning. We used to have a favorite vacation spot. My wife, for a while there, before her store, worked for the airlines. We would go to San Diego several times a year, hang out at the beach there. And we went with some friends. And one time, we were having a conversation, and she goes, "Remember that time we were at the beach with some friends?" And I said, "No, not a clue." I mean, I had nothing. And she says, "Oh yeah, come on. Come on. You can remember this. We were there. We hopped on the seawall. We were sitting there, reading books and that." And the more she talked, I started getting little bits, little images. I said, "Tell me more. Tell me more. Give me more." So as she started describing it better, it's like my brain was finding that spot where the memory was. And boom, once I had that connection, there was this download. And instantly the memories were restored. It was quite a rush. I used to get chills whenever it would happen. I'm happy to say

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it's very infrequent now because I think I've logged everything back in place. But it's a great way. So if that happens to you, reinforce it, and say, "Hey, yeah, everything's working. Things are coming back. I got this."

BOTT: 19:14

Also, develop useful routines to make your life work. Again, for me, it was a very short memory. So I quickly learned, "Put things in the same place." So I put my keys and my wallet-- I come inside the door, I had a little place, I put everything there. And that was it. You set everything in the same place. So if it was missing, I knew where to go look for it. I didn't have to go hunt around the house, same thing with your device or phone. I use a couple places now. It's either here in my pocket, or it's on my desk, or it's in the kitchen counter there. JDI, this is the old Nike slogan, just do it. Many times, I was sitting on a couch, and a thought would come to me as something I want to do, maybe not at that moment, but later. And I would tell myself, "Oh you'll remember. You'll remember." And guess what, I didn't. So I learned through trial and error, mostly errors, when I have a thought like that, get up and do it. Either get up and take care of the situation, or write it down. And in today's world, with our devices typically right next to us, use some sort of note-taking app. And just enter it so that you capture the thought. And you don't have to worry about losing it. And it helps you lead a more normal life.

BOTT: 20:47

Next was forgiveness and perseverance. As you move forward, you're going to forget things. Don't worry about it. You say, "Hey, that's all right. I'll get it next time. I'm getting better and better and better. So what I forget something? Make a point. Yeah, I'll be more consciously aware, more mindful as I move forward." And then have the attitude of perseverance, "Yeah, maybe I didn't get it this time. But I will ultimately get there. It's not a race. I don't have to do it by the end of the week. But I'll get there." Again, just be easy on yourself. Also, when I first got out, for the first couple of years, I needed a nap. Again, I had some flexibility. I could eat lunch and that. And then somewhere about one or two o'clock-- and I would describe it was a very unique experience. I wasn't necessarily tired. But it felt like there was something between me and reality. I called it getting thick. And I needed a nap. So I would lay down, set my alarm for like 30 minutes, instantly fall asleep. Our alarm would go off, and I was fine. I just needed that 30 minutes, eyes shut, of sleep. And then I was good for the rest of the day.

BOTT: 22:18

I was also trained a lot in lateral thinking, which is creativity. And that lateral thinking, to me, helped me recover because it's looking at things in a different way. We were trained to say, "How is this device like a couch?" That forces you to start thinking differently. When I was riding my bike before my brain injury, I'd be out riding-- and I was a road biker, so signs and that. And I'd sometimes get bored. And so I

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developed this little game of reading signs backwards. So again, I believe that helped me recover because I had different neural connections, a lot of them. Deeps timil, that's speed limit backwards, [inaudible], 55. So I used to play that game with myself. So find ways of doing things a little differently to help you think better, think differently, get your brain back online. Increase your positivity. I've always been a pretty positive guy. And I learned the power of being positive. Again, back to Henry Ford, "Whether you say you can or you can't, either way, you're right." So if you check in to your self-story periodically throughout the day, is it positive or is it negative? If it's negative, change it. Take whatever negative thoughts you have and say, "I used to think that. But I now think," and then replace it. And then reinforce that new thought, that new positive thought, over and over to where it becomes automatic, it becomes part of your story.

BOTT: 24:18

Increase your resiliency. Again, I was blessed. Ever since I was a little kid, I was taught if something doesn't go your way, learn from the mistake and do things differently. Just pick yourself up and move on. So for me, that was, I would say, pretty much inbred from when I was a little shaver. But if you don't have that, that mindset, that skill, work on increasing yours. If something happens that maybe it didn't go exactly as you planned, that's okay. You moved forward. And whatever it was that failed, learn from that, and say, "How can I do it differently moving forward, the next time," because the old saying is life isn't a sprint, it's a marathon. So just keep moving forward. And again, reinforce your vision and your mission throughout the day. Say it over and over to yourself, "This is what I'm going to do." I can't tell you how many times I would tell myself, "I'm going to fully recover. And no one will ever know." I had the idea-- when I had that speech issue where I talked staccato, talking to the doctors, they said, "That'll recover in time." And so to help myself along, I joined Toastmasters, where you have to get up in front of a group, and you have to speak. Oh the amount of help I got from that was incredible. It helped my confidence. It helped my speaking ability. And it got rid of the staccato.

BOTT: 25:57

One of our mentors-- this is a biggie. What you focus on expands. So again, this is why I suggest take your vision, your mantra, and focus on that. This lady that taught us this, my wife and I, "Hey, again, focus on the positive stuff," because reality, what we see is what we're really thinking about, not necessarily what's out there, but what we're thinking about. So start focusing on good stuff, and then watch it expand in your life. My background is in engineering. So I'm a science guy. And I like Einstein. So here's some summary, a few basics. A, anything is possible as Einstein says. It's all energy. You match the energy, and boom, you get it. You've got your own personal experience. And you've got the law of attraction that's come along since then that reinforces this. Realize your power. You are a very powerful person. And you're always creating. And you're creating by

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your thoughts. The problem is most people are creating unconsciously, what they've been taught or what they've picked up over their life and that. So become more conscious of your thoughts and more conscious of your vision, of your mission, and what you want to create.

BOTT: 27:32

Another way of saying this is every time you speak, you're placing an order. You're telling the universe, reality, "Hey, this is what I want. This is what I'm looking for." So you start telling yourself, "I'm a piece of crap," "Aye, aye, we can deliver that. We can make that come true." Or you say, "Hey, I love life. I can do this. I'm smart. I'm capable," and that'll come true too. Now the reminder, hit it again, what you focus on expands. I was also blessed with mental toughness, again, from when I was a little kid. I want to remind everyone out there that you are inherently strong, powerful, and worthy. We are taught from a very young age to be weak and unsure, parents, teachers, people we meet on the street, whatever. That's the common thought. So change that. Also, social media, a recent study showed that about two-thirds of everything on social media is negative because they're selling something. And they get people in their weak point. So again, be careful what you're feeding yourself.

BOTT: 28:54

The story of two wolves, that's a reminder to me. I had it. But it was too small for a slide here. But a Cherokee was teaching his grandson about life. And he said, "There's the good wolf and the bad wolf. And the good wolf is about generosity and love and talent and security. And the bad wolf is about scarcity and fear and weakness." And the grandkid goes, "Well who wins?" And the Cherokee grandfather says, "The one you feed. So be careful of the wolf you are feeding. Be aware of the wolf you are feeling. And feed yourself and this wolf good stuff." Mental toughness, I put here, warriors don't have this issue. Again, back to my training, a small group, we were little warriors. Alexander the Great, Genghis Khan, Joan of Arc, all these people had their mission. They believed in themselves. They believed in their worthiness. So I want you to develop your own mission, believe in it, trust in it, and move forward. Also, release that which no longer serves you. As we go through life, we pick up stuff. And it may be useful at that time. But it is no longer useful. Feel free to get rid of it. Lighten your load. And use the stuff that's good and works. Be confident. Expect success. Focus on the what. Your job is just to say, "Here's what I want to create." Don't worry about the details. They'll happen. Assume success. And then look for unexpected support. Again, my mentor [had the saying?], "The universe says yes." Our job is to say, "Here's what I want." And the universe goes, "Okay. We got that."

BOTT: 30:54

And the universe doesn't care. It loves us all the same way. You say, "I want a crappy life," and you got it. You say, "I want a great life," and you got it. So again, you're in charge. Be mindful. Create a great story. Create a great vision. And move forward. Some tenets for being the



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best you. Be impeccable and authentic. Just be you. Impeccable is when you walk your talk, you say what you mean, you mean what you say. Assume 100% responsibility for everything in your life, everything. It's a choice you made. Live with it. What you focus on expands. Utilize lateral thinking. And then love yourself. Even when you have those bad days, love yourself, and say, "Hey, yeah, I can do better. We can do it. We're good." Assume full responsibility for everything in your life. Again, if you don't like something, change it. And it all starts with your thoughts up here. A reminder, be authentic. People are always watching. They're judging. They're saying, "Hey, is this--" here's what they say, and here's what they do. When the two coincide, that's where power is. So be one of those people that do what they say.

BOTT: 32:24

Most of the time, our limitations are self-imposed. So I would ask you, how is it that you are clipping your own wings? What is preventing you from soaring? And then start working on those items that pop up. And they will change over time. As always, there's a secret ingredient, the secret sauce, the old family recipe. I'll share with you what this is, the secret ingredient to all of this. And it's all about you. You're in charge. It's your show. It's your road trip. You decide what you want to create. Some starting points, "I believe in me. I love me," start repeating this. If necessary, keep this to your mirror, someplace where you see it many times throughout the day, and start building up that self-love, that self-esteem so that you know how awesome you are. Success is all about moving forward. And yes, you're going to stumble. That's just part of life here on Planet Earth. Some people call it failure. I just call it, "Okay. So I learned something." And you move forward until you achieve what you set out to achieve, your success.

BOTT: 34:02

And one takeaway I would ask you to leave this little talk with is what you focus on expands. Just remember that. And when you catch yourself maybe going down a path you don't want to go, just stop, and say, "Okay. That's the old story. I'm going to create a new story." And then reinforce your new story. This afternoon, I would suggest to you, take a few minutes and write down what are you going to focus on. It'll be different for each of you. But that's fine. What are you going to focus on? And then craft your new story. What's your new story? How are you going to define yourself moving forward? I'll close up here. We've got some books my wife wrote, *Secrets to Reduce Your Medical Debt*. And this may come as a shocker to you, but when we got out of the hospital, we had a mountain of debt. She came up with some tactics that helped us lower that significantly. There's some pointers in there. Luke was our golden retriever. We learned a lot from him. So we put a little book together, *Luke's Life Lessons*. And then the *Cocoon Chronicles*, when I was in the hospital and at Craig, visitors were limited because they didn't want the mental stimulation to tax me. So people would want to want to know what's going on. So my wife would come and spend time with me during the day. And then she'd go home

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at night and send out an email, "Hey, here's what's going on. Here's what happened today, blah, blah, blah." So later on, her friend says, "There's some good stuff there. It's uplifting and that. You've got to make a book out of it." And so she did. She took those emails and created the Cocoon Chronicles. So if you're interested in that, it's on Amazon. Check it out. And that is it.

LENGENFELDER:  
35:58

Thank you so much, Glenn, for a wonderful presentation. At this time, we're going to open it up for questions for Glenn. There's a few ways that you can ask questions. First, you can use the raise-your-hand feature. So to do this, you want to click on the participants button on the bottom of the page. When that opens, there'll be a raise-your-hand button you can press. And one of us will call on you to ask your question. Second, if you don't want to ask the question yourself, you can just type your question in the chat, and one of us or Glenn will read the question and answer the question. So now we'll open it up for anyone who might have questions for Glenn.

[silence]

LENGENFELDER:  
36:54

Oh, Erica, I see your hand's raised. Go ahead.

ERICA: 36:58

Glenn, thank you for a really inspiring talk. I think it's really a testament to how you've been able to be a pillar of the TBI community and show what recovery can really look like. But I was wondering, as you were going through, how did your social circle respond? And were there people who may have been maybe more negative or cautious that you had wanted to be? And how did you address that?

BOTT: 37:29

Not surprisingly, there were some that were negative. Again, I go back to early on, my wife, she was the filter. She would say, "Hey, look, we're in this phase now. And we're not going to-- what happened before happened before." So we're taking that and kind of starting over. So here's kind of the ground rules, "You come into the house, here's what you do, no bitching or moaning. We're just talking about the good stuff, how he's doing, how he's improved, that sort of thing." And it was very well-received. Everyone honored it. Everyone was glad to get on board and help. So it was very good.

[silence]

LENGENFELDER:  
38:30

Anyone else have a question for Glenn?

[silence]

BOTT: 38:43

Should I just read it?

MALE VOICE 1:  
38:46

I'm sorry, we're not able to make the hand thing go up. It's our--

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LENGENFELDER: Oh go right ahead.  
38:50

MALE VOICE 1: So if you don't-- we can just ask.  
38:52

LENGENFELDER: Yeah, go ahead.  
38:54

MALE VOICE 1: Glenn, did you have-- your limitations after the accident physical-wise, this all applied-- it seems like this would apply to both physical and mental. But was there a correlation between the physical and these tips that you give that particularly address some of your physical things you had to recoup?  
38:56

BOTT: 39:26 I don't remember taking medication. I'm sure they gave me some. Like I said, the first 10 days, I was totally out of it and just kind of floating around in la la land. But when I came home, I wasn't on anything. As you saw, my right shoulder and neck were kind of messed up. And so they had a therapist, a chiropractor of sorts, at Craig rehab. And they would come in a couple of times a week and give me an adjustment here and there. And then when I went-- when I was an outpatient, I went and found another one, one that was closer to home, and did that. I also had diplopia. I don't know if you're familiar with that.

MALE VOICE 1: No.  
40:09

BOTT: 40:10 Double vision? What I would see was kind of skewed. So I would get two images that would cross. And for a while there, they gave me some mirrored glasses. And they were a pain in the butt. I mean, they didn't do anything for me. I just let it go. And what I found, as I started recovering, if I looked down out of the top of my eyes, everything was fine. But if I looked out of the bottom of my eyes, things would cross. That gradually improved. So what I would do, especially early on, I would walk around kind of like this, looking out of the top of my eyes. And people thought, I'm sure, I was a little weird in that. But it got better over time. And you get used to it. So it was really no big deal.

LENGENFELDER: There's a question in the chat. I don't know if you can see that. It says, "Were you in a coma when you squeezed your wife's hand? Could you hear her? And how old were you when your accident happened?"  
41:05

BOTT: 41:19 I had just turned 50. And yes, I was in the coma when I squeezed her hand. I don't remember any of that. She told me the story later on. She said, "You were just there." And like I said, I'm not responding to the opening my eyes and shining the light in, nothing. My pupils aren't dilating. I don't respond to sound. And on the pain thing, they take like a sharp pen, I guess, and drag it along the bottom of your foot. There's no response to that. So I got a poor rating for that. So basically, like I

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said, all I was doing was breathing. I couldn't swallow. And yeah. And she said all that. After she talked that time, I gave her a fist pump.

LENGENFELDER:  
42:08

I actually had a question. Glenn, you had mentioned going to Toastmasters to help you with your speaking. So I was kind of wondering, at what point, like how long into your recovery you did that? And where did you get that idea?

BOTT: 42:23

Let's see. I got to think back now. Okay. So my accident, or as I call it, my event happened in '04. And it was probably around 2010 when I joined Toastmasters. And I heard--

LENGENFELDER:  
42:48

So six years after your injury then.

BOTT: 42:51

Correct.

LENGENFELDER:  
42:51

Yeah.

BOTT: 42:52

And a friend told me-- they were over there. We were having lunch. And he said, "Have you considered Toastmasters," because my staccato talk was still happening, but not as pronounced. And I said, "No." At that point in time, I was looking for what do I want to do next in my life. And everyone was telling me, "Look, you got a great story. You've survived well. You can help other people live a better life." So I thought, "Well okay. I'll do that. That sounds fun." And so that's when I started transitioning from being an engineer and then a loan officer to being a speaker to help people realize their power.

[silence]

LENGENFELDER:  
43:47

There's another question in the chat, "Did you receive vestibular therapy? Did you suffer any dizziness and any permanent deficits?"

BOTT: 44:00

No dizziness, I never had any dizziness. In fact, they were surprised. They talked about that at Craig, that my balance was always real good, no dizziness. The only thing I had, again, was that diplopia, the crossed vision. And at first, it bothered me a lot because I would lay in bed at night, and you look up, and you'd see a couple lights. And you know there's only one. And it took a while to get used to. And like I said, we did those special glasses and that. And this was a vision therapist that had years of experience and worked with Craig. And nothing really worked. It was just over time that it got better. And I think it was a matter of it got better. I got used to it, and then again, my thoughts, just, "Hey, I'm going to fully recover." Like I said, it's still there a little bit, but not anything like it was at first.

LENGENFELDER:  
45:07

There's another question, "Did you receive functional rehabilitation or anything related to western medicine while at Craig or even after Craig?"

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BOTT: 45:19

Well I would say yes, the traditional stuff. The western medicine, I'm sure they did all that. I mean, the people at Craig were awesome. One of the guys that was-- I guess, my caseworker, I guess, I remember his name was bob. And he was in a wheelchair. He had been through some things. He was now in a wheelchair and now volunteered at Craig. And he was a super guy. And he would just help you. They'd been through this. And they would help my wife and I know kind of what's coming down the pike, know what to expect. He would check in on us periodically, "Hey, tomorrow, you got this and that." And they were always very good about reminding you what appointments you had because everyone knows you've got a crappy memory. So they would write things out in nice big letters for you. But yeah, I would say pretty traditional. And again, I went back to the chiropractor thing. My neck was tight and kind of banged up. But once they got that all straightened out, I mean, it's been fine.

[silence]

LENGENFELDER:  
46:31

We have another question, "How do you stay positive when you have no one to be a cheerleader for you?" I mean, you've spoken a lot about how your wife has really been so positive in helping sort of spirit this. But if you don't have someone like your wife in your life to be a cheerleader for you, how would you stay positive?

BOTT: 46:54

I was always positive even before. Like I said, from when I was a little shaver, mom just raised us to be positive people. And when I was in my coma, Brenda took over for that, telling me the positive stories. And as my brain started coming back online, it became a natural process of, "You can do this." I mean, still, to this day, many times during the day, I'm just going, "Hey, I'm glad to be me. I'm glad I can do what I can do." I just started golfing right before I got hurt. Prior to that, I always thought it was like watching paint dry. But a friend got me. And he says, "Hey, come on. Let's go. Let's go do some golfing." So I started doing that and enjoyed it. And then shortly thereafter, I had my event, and then picked that up later. And my goal was to-- I mean, for anyone that doesn't golf, they rate you on your index. That's how well you're shooting that day at that course. And mine was normally, I guess, an average American male golfer, about an 18. Which means I would shoot one over par for 18 holes. And then after my injury, it shot way up to like 30, 35 and that. And so then, again, when I said I was going to fully recover, my goal was to get my index back down or better than it was. And I'm happy to say I've done that. It was an 18-something. Now it's a 16-something. My goal is to get it to single digits.

LENGENFELDER:  
48:28

So it sounds like you were setting some personal goals for yourself so even if you didn't have a cheerleader like your wife, you were able to see something that you wanted and set a personal goal.

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- BOTT: 48:42                      Correct. I've always had a strong sense of self, self-love, self-worth. Again, credit back to my mom's voice letting us know, "Hey, don't--" I remember her saying, "If everyone took poison, would you?" And so it's like that was kind of the joke at the dinner table, "Mom, mom, there was a lot of poison going around today. But I didn't take any." But that was just the way we were all raised. So it's not like something I came upon. It was just something I was, I knew. And again, I credit mom for giving us that as we started out. I would like to share with you people out there, don't lose hope. Again, I'm speaking from my process, my experience. I don't know about everyone else's. But it can take longer than you think or expect. Be patient. And just know, each day, you're getting better, you're improving. And take that and just, again, make that part of your mantra, make that part of your self-story, "I'm improving today. I'm getting better. I'm getting stronger. I'm wiser. And I'm going to achieve my goal." And again, just don't give up hope. Just keep moving forward. Take the next step. Okay.
- LENGENFELDER: 50:03                      There's actually one more question that just popped up in the chat.
- BOTT: 50:06                              Okay.
- LENGENFELDER: 50:06                      "Do you still have times where you grieve what was lost?"
- BOTT: 50:11                              No. I will expand upon that.
- LENGENFELDER: 50:17                      Okay.
- BOTT: 50:17                              I don't grieve upon what was lost. Again, part of my training, my reading-- and this was outside of Coors. It's just my personal philosophy.