



PRESENTS:

The Spirit of YOU!

EXPERIENCE THE POWER OF BEING RESPONSIBLE FOR CHOOSING YOUR OWN PATH TO SUCCESS! This dynamic LifeShop is tailored for individuals who want to explore their CORE and develop a SUCCESS strategy that will deliver a powerful difference in their LIVES personally & professionally! This workshop is about YOU!

During this action-packed workshop you will:

- ✳ Explore & discuss "What is going on in today's business environment and the changing dynamics of the workplace.
- ✳ Define what professional & personal success means for you!
- ✳ Complete a self discovery process that provides key pieces to the "YOUR SUCCESS PUZZLE. To include:
 - ▶ Unique insights into your core values & needs.
 - ▶ Identification of your professional & personal passion.
 - ▶ Understanding how YOU are wired in your thinking style and how to leverage or expand this style for professional & personal success.
 - ▶ Identifying your unique skills, talents and competencies to leverage professionally & personally.
- ✳ Assess your Personal Work Life Balance utilizing *The Wheel of Life* and learn the key strategies for harmony and balance in your life.
- ✳ Learn to create a network that works for YOU!
- ✳ Develop personal mission statement that will generate excitement, empowerment and action.
- ✳ Create a "centerpiece" for your life as a reminder of what is truly important to YOU!
- ✳ Put all the pieces together to develop a powerful action plan with tools and resources to deliver the difference in your life both professionally & personally.
- ✳ Experience personalized coaching during and after the workshop that creates sense of urgency and follow-through on your plan.

Participants in 2004 said:

- ▶ "Great workshop...I have new energy!"
- ▶ "An inspirational workshop focused on developing ME!"
- ▶ "This workshop gave me new perspective on my life balance...I will be a better employee if I focus on this important strategy."
- ▶ "I loved the Wheel of Life! It gave me an action plan that is motivating."
- ▶ "It was awesome!" It made me look at my life in a different way."
- ▶ "Understanding my dominant thinking style was breakthrough...I give Donna a 5 for EXCELLENT as a facilitator and coach. I loved this training!"
- ▶ "Great workshop...Would love to see the men of this company go through the class."
- ▶ "This was a great experience – thought provoking, and a way to energize me and help me put my thoughts into action."
- ▶ "The Spirit of YOU really puts your life in perspective personally and professionally. Excellent presentation – I would recommend everyone attend. A must!"

- To schedule a Spirit of U Lifeshop call Donna Drury at 513-518-5681 or email at Donna@LifeQuest2000.com. Donna will work with you to ensure the workshop is customized to your group's specific needs.
- Over 650 individuals participated in this workshop in 2004. Received an Excellent rating from participants. Rating was 4.65 out of 5.