



Overview/ Description:

Do you admire people who always seem excited and passionate about what they do? Whether it's in their personal life, professional life, or both, some people are able to bring passion into their lives, while others struggle to find that spark to really get them going. Do you want to wake up every morning with great anticipation about what the day will bring? This workshop is about looking within yourself to find the "buttons" to push to bring out your passion.

Awakening the Passion in Your Life



Workshop Objectives:

At the end of this workshop,
you will be able to:

Identify your passions

- Describe what passion really means to you
- Describe how to use childhood dreams to reawaken your passions as an adult
- Identify the things that bring you excitement today

Identify ways to celebrate life!

- Describe how to create your own holidays
- Describe how to reward yourself in meaningful ways

Describe the importance of challenge in life

- Describe why feeling challenged is so important
- Identify the things that make you feel challenged
- Identify passions that bring challenge into people's lives, such as passion for learning and passion for helping others



TARGET AUDIENCE:

ANYONE WHO WOULD
LIKE TO BRING MORE
EXCITEMENT AND PASSION
INTO THEIR WORK AND LIFE



EXPECTED DURATION:

45-60 MINUTES