



Balance Equation

coaching & consulting

REIGNITE YOUR WHY

When Your Why Is Big Enough, You Will Find Your How (3 hours)

All too often, people get bogged down with the busyness of life, stuck in stagnation or status quo. It's not that we don't know ourselves, or understand our passions, it's that somewhere along the line we forgot it. Living a life with purpose, on purpose is no accident. It is waking up every single day with a specific intention of moving along your goals.

In this workshop, participants will be taken down a journey of self-discovery. Taking time to reflect on where their passions and expertise collide. This is about reigniting your purpose, fulfilling your goals, and creating joy where emptiness once lived. By following the path of amazing speaker, author and philosopher, Simon Sinek, the workshop strives to have participants start with the end in mind, working backwards from there.

At the end of a Reigniting Your Why Workshop participants will have a defined WHY statement, with a clear path to achieving that goal. Not only will participants have a WHY statement, they will walk away with a new sense of purpose, and a methodology to clear road blocks as they come.

Facilitated by:

Terri-Ann Richards is a certified Personality Dimensions® Facilitator, Certified in Choice Theory, Lead Management and Realty Therapy, as well as a Certified Coach Practitioner. Terri-Ann leverages her strong communication skills, 15+ years in business and training to assist her clients in understanding how to best utilize their communication skills to create more cohesive relationships within work and at home.



TO BOOK A TRAINING SESSION CALL: 506-721-9146 / balanceequation.co