

# WHO AM I NOW?

## Overview

This 3-hour workshop will help you identify some barriers that are holding you in current reality, develop the soft skills and techniques to set yourself up for a different life and lay the groundwork so that you can invent your future!

## Who Should Attend

This is a workshop for individuals:

- Divorced after a long marriage
- Empty nesters
- Early retirees who are struggling with their new identity
- Individuals who have lost a lot of weight and who have a new image
- Widows/widowers
- Anyone who is stuck in a rut!

## Why Should I Attend

Because life is short! If you don't take charge of your life, and create/invent the kind of future that you want.....someone else will! We need to live our life by intent. That takes goal-setting. That takes having an image of the future that is stronger than current reality. That takes new skills and techniques. That takes getting past the fear of change.....so, we're going to feel the fear, and do it anyway!

## Methodology

The workshop begins with a one-hour presentation, with an emphasis on how the mind works, the barriers to moving out of current reality, and learning the 7 steps to growth and change.

The second part of the workshop is "hands-on" – as we learn the techniques for:

- goal-setting,
- visualization, and
- you will create a Dream/Goals board for your life for the next 12 months.
- And you'll have fun doing it!

## Logistics

This workshop is limited to 20 participants per session (min. of 10). It is very interactive. There is some information, education, and application of learning.

**"Pat is a great motivator. She has the ability to not only hold her audience during her sessions but her teachings stay with you once you're back on the job." - Elaine Paquette, Director of Client Services**

## Materials Required

**Individuals will need to bring:**

- One sheet of bright colored bristol board
- A pair of scissors
- Scotch tape
- Some of your old, but favorite, magazines

## Facilitator

Pat Mussieux, President, *Purple People Leaders*, will be facilitating this workshop. Why? Because she's "been there". She has walked in these shoes.

Pat has the ability to provide practical and relevant instruction. With 30 years of experience in training and development, Pat is passionate about "real life learning". After working with (Seattle-based) Pacific Institute for 10 years, and most recently with NAIT for 5 years, she has started her own company and does motivational speaking, workshops and coaching. Pat is currently writing a book with the same title as this workshop.

***"It's never too late to be what you might have been!" – George Eliot***



Contact Pat at [pmussieux@aol.com](mailto:pmussieux@aol.com) for more information