

Using simple 'rules and tools' I take the time to work with you to bring about the most valuable and successful outcomes you deserve. Want to wake up every day excited and turned on about your life? To begin, the Passion Test™ will show you what you need to bring into your life to make that your reality. The next step is creating a habit of happiness and a life of unconditional love using new scientifically proven methods. Step out of your comfort zone and bring out your hidden leadership qualities. Step into the life you deserve!

Personal Passion offers the following workshops, seminars and coaching to enable individuals or businesses to become the best of the best. Individual and group sessions are available, and can be customized or tailored for your club, group or organization. For speaking engagements or special combo course packages please request a quote.

[Passion Test Courses & Workshops](#)
[Kids and Teens Courses & Workshops](#)
[Business Courses & Workshops](#)
[Love Courses & Workshops](#)
[Happiness Courses & Workshops](#)
[Life Coaching](#)

The Passion Test Courses, workshops and Retreats for Adults

Discover your passions – live your destiny! What do you love? What are you most passionate about? What motivates you and makes you feel alive and empowered? Are you looking for a greater sense of purpose and balance in your life? Are you in the midst of a life or career transition and having trouble figuring out what to do next? Would you like to attract more abundance in your life? Your passions are the clues to your life destiny - the reason you were put on this planet.

"When you are clear, what you want will begin to show up in your life, and only to the extent you are clear." Janet Attwood – author of The Passion Test.

Package 1 The Passion Test One on One (Two private 1 hour Sessions) \$97.00/hr

"Never underestimate the power of passion." ~ Eve Sawyer

When you follow your passions, you love your life! These two sessions (offered by telephone or in person) will help you identify, prioritize and clarify your passions and discover key markers to help you recognize the correct path. The Passion Test™ will help you achieve more balance, create more abundance and experience a greater sense of empowerment as you explore the clues to your destiny. Whether you are in the midst of a life or career transition or simply wish to live a more joyous, fulfilled and passionate life, take the one test that nobody fails.

Package 2 The Passion Test Group Session (1/2 day) price is dependent on location (travel costs), venue and number of participants

"Passion is oxygen of the soul" ~ Bill Butler

The Passion Test™ is a S-Y-S-T-E-M (Save Your Self Time Energy & Money) for helping you clearly identify your passions, discover clues to your personal destiny and create more of what you want in your life. What you put your attention on grows stronger in your life. The Passion Test will help you:-Identify your top 5 passions -Score your passions -Create the markers -signs that your life is aligned with your passions -Discover your life purpose -Create more balance in your life -Attract more abundance in every area of your life.

Package 3 The Passion Test "Girl's Night Out" price is dependent on number of participants

"There is nothing like a dream to create the future." ~ Victor Hugo

Looking for a FUN and INSPIRING idea for a girl's night out? Discover your inner Goddess - improve your relationships, create the life you choose, discover and uncover what you hold in your heart. Ignite the fire that drives you. Simply invite 6-10 or more friends to your home for an evening of "Passion finding" in a "Girls Night Out" and I will come to you! Explore your passions and discover clues to your personal destiny amongst friends. Learn how you can inspire, motivate and support one another in living your lives fully aligned with your passions. As a hostess for this heart and soul experience, you will receive the NY Times best-selling book, The Passion Test by Janet Bray Attwood and Chris Attwood.

Package 4 The Passion Test "Just For Men price is dependent on number of participants

"A great leader's courage to fulfill his vision comes from passion, not position." ~ John Maxwell

For the GUYS only! Are you tough enough to explore your Passionate side? Find the truth about what drives you to success? How do you capitalize on what moves you forward in life? Are you a 'human doing' or a 'human being'? Where do you want your life to lead? Get clear about what you want your life to become, and become the co-creator of your destiny.

Package 5 The Passion Test™ Customized Corporate Workshops price dependent on location (travel costs) and number of participants

"Coming together is a beginning. Keeping together is progress. Working together is success." ~ Henry Ford

Passionate people perform! They are on fire! They are internally motivated and driven to succeed. Customized Passion Test™ workshops, seminars and retreats designed to inspire, motivate and empower your most important resources – the people who work for you and with you. These personal and professional development activities will help you create a healthier workplace through building stronger relationships. Find out how The Passion Test S-Y-S-T-E-M (Save You Time, Energy and Money) empowers and motivates both the team and the individuals who form it. This fun, inspiring, team-building workshop will benefit those businesses or organizations concerned about:

- ♥ concerned about employee satisfaction and retention
- ♥ experiencing organizational transition
- ♥ seeking ways to create a more purposeful, passionate workplace
- ♥ wanting to improve communication, team dynamics, and productivity
- ♥ committed to offering personal and professional development opportunities which contribute to personal growth and improved work life balance

Package 6 The Passion Test™ Weekend Retreat price dependent on location (travel costs), venue and number of participants

"The biggest adventure you can take is to live the life of your dreams". ~ Oprah Winfrey

Discover your passions – live your destiny!

What do you love? What are you most passionate about? What motivates you and makes you feel alive and empowered? Are you looking for a greater sense of purpose and balance in your life? Are you in the midst of a life or career transition and having trouble figuring out what to do next? Would you like to attract more abundance in your life? Your passions are the clues to your life destiny - the reason you were put on this planet.

"When you are clear, what you want will begin to show up in your life, and only to the extent you are clear." Janet Attwood – author of The Passion Test.

During this weekend escape:

- ♥ Identify your top 5 passions
- ♥ Score your passions
- ♥ Create the markers -signs that your life is aligned with your passions
- ♥ Discover your life purpose. Discover your destiny!
- ♥ Write your passion pages
- ♥ Create more balance in your life
- ♥ Create your vision board
- ♥ Attract more abundance in every area of your life
- ♥ Feel more empowered

Package 7 Personal Passion Test "Vision Board Events"

"It is in our idleness, in our dreams, that the submerged truth sometimes comes to the top." ~ Virginia Woolf

Our Visions become our realities. Discovery! How and why does the Vision Board work? Who are you - really? Gain clarity of passion and purpose. Discover who you are. Determine your **VISION** statement through a visioning exercise. What are your **CORE VALUES**? Your **'WONDERS'** are the things that give your life purpose, what are the 'Wonders' of you? What do you want to manifest in your life? **FOCUS** your thinking on what you want to create in your life. Utilize the principles of the **LAW OF ATTRACTION**– in Action. Learn more about you and create your vision of the future from this place of open awareness.

Package 8 Personal Passion Test "Tune Up"

"If someone is going down the wrong road, he doesn't need motivation to speed him up. What he needs is education to turn him around." ~ Jim Rohn

For those who have previously taken The Passion Test™ with me, a one hour refresher session to help renew and refresh your passions, rediscover the clues to your personal destiny and create more of what you want in your life. What you put your attention on grows stronger in your life. Are you in the midst of a life or career transition and having trouble figuring out what to do next? Are you 'stuck'? If you've gotten a bit off track and need a refresher or 'Tune Up' to get you back on the right road....The Passion Test Tune Up will help you review, update and renew your passions, scoring and markers. *"When you are clear, what you want will begin to show up in your life, and only to the extent you are clear."* Janet Attwood – author of The Passion Test.

Package 9 Passion and Pampering Events

"The future belongs to those who believe in the beauty of their dreams." Eleanor Roosevelt

Looking for a fun and pampering idea for a ladies night out? Simply invite a group of friends to your home for an evening of Passion and Pampering. Learn how you can inspire, motivate and support one another in living a life aligned with your passions. Combine this with a pampering facial, makeup, manicure, pedicure, jewelry fashion show, henna tattoo, or other pampering treatment. Beauty - inside and out!

Workshops for Kids/High School

Please note: Group sessions are customized for the age of the participants

Package 10 Passion Test - Individual Session - Child 6-12 years

Parent attendance required

Package 11 Passion Test - Individual Session - Teenager 13-19

Parent attendance not required

Package 12 The Student Leadership Challenge®- price dependent on location (travel costs), venue and number of participants

"A leader is one who knows the way, goes the way, and shows the way". ~ John C. Maxwell

Based on Jim Kouzes and Barry Posner's The Five Practices of Exemplary Leadership® model, this course is developing the leaders of tomorrow, today. Leadership is not about personality; it's about behavior—an observable set of skills and abilities. Any student or young person can be a leader, regardless of age or experience. The Five Practices are, hands down, the best tool for helping students see both their inherent strengths as leaders as well as to further develop their skills for tomorrow.

The Business Workshops and Courses

Package 13 PTB Extreme Employee Engagement -price dependent on location (travel costs), venue, and number of participants

"P is positive emotion, E is engagement, R is relationships, M is meaning and A is accomplishment. Those are the five elements of what free people chose to do. Pretty much everything else is in service of one of or more of these goals. That's the human dashboard". ~ Martin Seligman

Are all of your employees giving their all every time? Do they always feel like their work really matters? Have a few employees lost interest and become disconnected from their work?

Gallup's 2014 research shows that 31.5 percent of all employees are "highly engaged," 51 percent are "not engaged" and 17 percent are "actively disengaged." These recent statistics are very close to the 2013 poll results, and the highest level since Gallup first began measuring the performance indicator in 2000. In average organizations, the ratio of engaged to actively disengaged employees is 1.5:1. Actively disengaged employees erode an organization's bottom line, while breaking the spirits of colleagues in the process.

It has become increasingly important for business leaders to build organizations that engage employees as sensitive, passionate, creative contributors. Engaged employees are people that are highly motivated and vested in the success of their organizations and are willing to make and extra, discretionary effort in their daily work. Employees who are engaged in their work, who love what they're doing, believe their work is important, and feel truly appreciated for their efforts perform far more effectively than those who don't. Engaged employees as part of an inspired team have better productivity and are less likely to experience burnout. When employees are engaged it helps them grow their careers, gives better financial performance, higher customer satisfaction, higher employee retention, and creates stronger overall results for your organization.

The best performing companies know that developing an employee engagement strategy and linking it to the achievement of corporate goals and objectives will help them win in the marketplace. It takes focused attention to drive engagement and create a link between employee engagement and organizational success.

An engaged, motivated, and empowered workforce is far more likely to work at optimal levels than one that is dispassionate, de-motivated, and unempowered. When employees are functioning at peak performance it creates flow, where a task is so meaningful and fulfilling that time disappears. They experience the joy of being completely absorbed in an activity. This creates greater confidence and job satisfaction and enjoyment. When employees are in flow, their brain releases feel-good chemicals (beta-endorphins) which creates more work enjoyment. Employees will work very hard for the sheer joy of doing an activity they love. This instills the personal power for them to create meaningful and fulfilling work.

"Employee Passion is the positive emotional state of mind resulting from perceptions of worthwhile work, autonomy, collaboration, growth, fairness, recognition, connectedness to colleagues, and connectedness to leader, all of which lead to standards of behavior that include discretionary effort, long-term commitment to the organization, peak performance, low turnover, and increased tenure with the organization." ~ Ken Blanchard

The Passion Test for Business is a set of tools that directly connects employees to the mission, vision, values of the organization. It engages individuals in getting clear on their individual core passions, what motivates and engages them, and creates a synergy or alignment with the organization's purpose.

A crucial element in creating an engaged workforce is to establish a connection to the mission or the greater purpose of the company. During turbulent economic times, people might feel less connected to the mission of their company, especially if they think their job is threatened or there is a great deal of change occurring. In times like this, employees are in survival mode, and it's more difficult for them to connect to the broader purpose of the company.

PTB is a process helping employees overcome times of challenge and get them to understand how they are part of the organization's future and how their talents, skills, aptitudes and passions can work in synergy. The PTB process helps employees see how what they're doing is part of something bigger -- and how they connect to the future of the organization.

Another critical element is to help employees find opportunities to do what they do best and help managers focus on their employees' strengths. Through workshops with the executive leaders and employees, PTB identifies the employee's core passions and leverages the individual's strengths to drive the business to far greater achievements.

Package 14 The Leadership Challenge - price dependent on location (travel costs), venue and number of participants (also available The Student Leadership Challenge®)

"If your actions inspire others to dream more, learn more, do more and become more, you are a leader". ~ John Quincy Adams

Based on Jim Kouzes and Barry Posner's The Five Practices of Exemplary Leadership® model, this course is developing the leaders of tomorrow, today. Leadership is not about personality; it's about behavior—an observable set of skills and abilities. When leaders are at their personal best there

are five core practices common to all: they Model the Way, Inspire a Shared Vision, Challenge the Process, Enable Others to Act, and last but certainly not least, they Encourage the Heart.

Anyone can learn to be a great leader—young people in high school and youth groups, undergraduates and graduate students, and executives advancing along their personal leadership journey. Bring out the leader in you!

- Develop the character traits/skills of top performers
- Rise to the top of your profession with the support of your colleagues
- Be recognized for your true value and accomplishments
- Have your employer recognize your value, and have companies *seek you out* just to hire you
- Find opportunities for success even when everything around you seems to be working against you
- Connect with people at the heart level rather than just the mind level.
- Be respected by friends, family, colleagues and your community
- becoming your best you and bring forward the leader in you

The Love Courses

Based on the best seller by Marci Shimoff **Love For No Reason: 7 Steps to Creating a Life of Unconditional Love**, this course gives you a simple and powerful program for living in a profound state of Love ... the kind of Love that comes from deep within, and doesn't depend on another person, situation, or romantic partner.

Package 15 The Love Course - Individual Session \$97.00/hr

"Sometimes the heart sees what is invisible to the eye". ~ H. Jackson Brown, Jr.

A powerful and comprehensive program that anyone can do to experience a more lasting state of unconditional love. This course is a guide to creating a life of love and happiness that saturates your soul.

Package 16 The Love Course - Group Session - price dependent on location (travel costs), venue and number of participants

"Deep within each heart, There lies a magic spark, That lights the fire of our imagination....." ~ Celine Dion The Power of a Dream

Based on Marci Shimoff's best seller Happy for No Reason you will learn the 7 Steps to Being Happy from the Inside Out. What would it take to make you happy? A fulfilling career, a big bank account, or the perfect mate? What if it didn't take anything to make you happy? What if you could experience happiness from the inside out -- no matter what's going on in your life? Studies show that each of us has a "happiness set-point" -- a fixed range of happiness we tend to return to throughout our life -- that's approximately 50 percent genetic and 50 percent learned. In the same way you'd crank up the thermostat to get comfortable on a chilly day, you can actually raise your happiness set-point! The holistic 7-step program at the heart of Happy for No Reason encompasses Happiness Habits for all areas of life: personal power, mind, heart, body, soul, purpose, and relationships.

The Happiness Generator Courses

Based on Marci Shimoff's best seller **Happy for No Reason** you will learn the 7 Steps to Being Happy from the Inside Out. What would it take to make you happy? A fulfilling career, a big bank account, or the perfect mate? What if it didn't take anything to make you happy? What if you could experience happiness from the inside out -- no matter what's going on in your life? Studies show that each of us has a "happiness set-point" -- a fixed range of happiness we tend to return to throughout our life -- that's approximately 50 percent genetic and 50 percent learned. In the same way you'd crank up the thermostat to get comfortable on a chilly day, you can actually raise your happiness set-point! The holistic 7-step program at the heart of Happy for No Reason encompasses Happiness Habits for all areas of life: personal power, mind, heart, body, soul, purpose, and relationships.

Package 17 The Happiness Generator Individual Session \$97.00/hr

"Be happy for this moment. This moment is your life". ~ Omar Khayyam

You don't have to have happy genes, win the lottery, or lose twenty pounds. By the time you finish this course you will know how to experience sustained happiness for the rest of your life.

Package 18 The Happiness Generator Group Session price dependent on location (travel costs), venue and number of participants

"It is not how much we have, but how much we enjoy, that makes happiness". ~ Charles Spurgeon

In a breakthrough approach to being happy, one that doesn't depend on achievements, goals, money, relationships, or anything else "out there", the holistic 7-step program at the heart of Happy for No Reason encompasses Happiness Habits for all areas of life: personal power, mind, heart, body, soul, purpose, and relationships. You'll learn practical strategies that will help you experience happiness from the inside out.

Life Coaching - coaching sessions vary and can cost from about \$100/hour to \$1,000/month.

Everyone has a dream or a vision of his or her ideal life. But many haven't made it a reality yet. Perhaps what you need is a coach. Just like the people who push athletes to greatness in sports, life and wellness coaches push their clients to find success and satisfaction from their career, job or lifestyle.

A life coach is a professional person who counsels and encourages clients on matters having to do with careers, lifestyle or personal challenges. Life and wellness coaches don't focus on changing certain behaviors, like correcting a bad golf swing, they develop their clients' overall strengths and abilities. Using different tools and strategies a life coach can help you get where you want to go, help you achieve what you want to achieve, stay on track with your goals and help you push past blocks and challenges. A life coach will be on your team to help you achieve the success you desire.

There are homework assignments and things to think about or do between coaching sessions to work toward your goals. Keeping a journal or creating "action plans" of things you want to accomplish. Your life or wellness coach will offer support and guidance along the way, and hold you accountable for achieving your goals.

The coaching time frame depends on how often you meet and what you're hoping to accomplish.