



# THE *NEW* PURPOSE PROJECT

**WORKING** *on Purpose*

**LIVING** *on Purpose*

*“When we act in the world on purpose, it is often quite a revelation. We discover a depth of vitality that is energizing.”*  
~ Richard Leider

## **WORKING ON PURPOSE** *Upcoming Dates:*

Friday, October. 14, 2011  
Friday, February. 24, 2012  
with Mary Jo Kreitzer

## **LIVING ON PURPOSE** *Upcoming Dates:*

Friday, October. 21, 2011  
Friday, March 2, 2012

Discovering our purpose in life means asking and answering the essential question, “What makes me want to get out of bed in the morning?” Your answer is important. Purpose drastically affects health, healing, and happiness! Purpose is the unifying principle in our lives and gives us the will to live. Studies indicate that when we believe in something larger than ourselves, we strengthen our ability to cope with transitions and change.

Based on more than 30 years of research and practice, **Working On Purpose** has been redesigned for both a younger audience approaching changes in their profession as well as those experiencing unique mid-life transitions. This one-day workshop will provide clarity around life direction, as well as the tools to help make conscious and confident life choices.

The new **Living on Purpose** workshop leads participants through a distinctive life-planning tool called the LifeMap™. Working intimately with our skilled facilitators, uncover your deferred dreams and the purpose that still defines your life as you uncover your own LifeMap.

Facilitated by **Barry Rella**ford who is the president of GreatWork, He is also a co-founder and master facilitator of Franklin Covey’s Global Speed of Trust practice.

### **Information for both Working and Living on Purpose:**

**Location:** Minnesota Landscape Arboretum  
**Time:** 9:00 am – 4:00 pm  
**Cost:** \$175 per person (includes lunch)  
**Register:** A \$60 discount is available for those who register for both workshops (\$290 total).  
**Visit** [tickets.umn.edu](http://tickets.umn.edu) or call 612-624-9459.

Call Cass McLaughlin at 612-626-5319 regarding group discounts and/or opportunities to customize programs in your community. For more information about The Purpose Project visit [www.csh.umn.edu](http://www.csh.umn.edu) and click on programs and events.

Center for Spirituality & Healing

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