

Small Steps to Profound Change
A virtual workshop based on the book
***One Small Step Can Change Your Life* by Robert Maurer, Ph.D.**

Why would you want to participate in this virtual workshop?

- ◆ You have an issue in your life where you feel stuck...
- ◆ You are facing a problem that you can't seem to get started solving...
- ◆ You are languishing rather than flourishing...

If any of those statements describes you, then read on.

What will you get from this virtual workshop?

This virtual workshop will help you reframe how you approach every problem in your life, whether big or small. It will offer you a new way of looking at life to help you make profound changes through small steps. The workshop will explain what happens in the brain when we want to make change and why we get stuck. It will introduce the concept of kaizen, or small steps, and how small steps activate our brain rather than shut it down.

Why the emphasis on how the brain works?

“The human brain’s amazing plasticity enables it to continually rewire and learn, not just through academic study but through experience, thought, action and emotion. As with our muscles we can strengthen our neural pathways with exercise.” (John Ratey, *A User’s Guide to the Brain: Perception, Attention and the Four Theaters of the Brain*)

Understanding how your brain works will help you to achieve your goals, large or small, personal or professional. Wouldn’t you rather learn to work with your brain than against it?

What is a virtual workshop?

This virtual workshop is a group of 6 to 8 people who meet by phone for one hour once a month for nine months to participate in a facilitated conversation. The conversations explore the concepts in the book *One Small Step Can Change Your Life*, but you will do more than talk. Facilitated by Kathie England, Organizer Coach and Certified Professional Organizer®, these conversations will help you take action where you’re feeling stuck, start solving problems that seem unsolvable, and flourish rather than languish. You’ll even be able to listen to recordings of the calls after each workshop.

Who will want to attend?

- ◆ Those who want to make a break through in their personal life
- ◆ Those who want to move forward in their career
- ◆ Those who recognize the value of group energy and interaction

More about the workshop

This virtual workshop can be described as group coaching with the focus provided by Robert Maurer’s book and Kathie England’s skills as an Organizer Coach. The International Coaching Federation (ICF) defines coaching as “partnering with clients in a thought-provoking and creative process that inspires them to maximize their personal and professional potential.”

That is the same goal of this virtual workshop – to maximize personal and professional potential through small steps!

For details

Call Kathie England at 503-531-9466 or email her at Kathie@timeforsuccess.net. The next series begins in early 2012.