



## PROGRAM OVERVIEW

Purpose is not something that you “find” nor a grand statement that you write. It is an ongoing and evolving process you engage in that helps you to experience greater feelings of meaning and joy in your daily activities. This results in increasing your ability to consistently experience growth in your life and to manage your energy and respond to stress more effectively.

This training provides you with the opportunity to gain clarity on the areas of your life that currently provide you with meaning and joy. Energy is devoted to examining the tasks, activities, and strengths that support your defined vision of fulfillment both personally and professionally. By the end of the training you will be more familiar with the type of life you want to lead day-to-day and what skills, relationships, and activities you want to invest more energy into – all in service of increasing your experiences of meaning and joy in your daily life.

## IHP CORE PRINCIPLES



### PURPOSE INTRODUCTION

Experience first-hand the power of human connection and impact of experiencing meaning through shared stories.

### VISION OF FULFILLMENT

Craft an inspiring, personal vision of you leading a more meaningful life in which you articulate what you are doing more of, less of and how you're feeling as result.

### BALANCING MEANING & JOY

Leverage the Meaning & Joy matrix to gain insight into how meaningful and joyful your daily experiences currently are by plotting them in the indulging, disengaging, grinding, or fulfilling quadrants.

### INCREASING MEANING & JOY OUTSIDE OF WORK

Reflect on how connected you feel to your family, friends, health and hobbies. Identify specific actions that you will take to increase your experience of genuine connection with the people and things that matter most to you.

### INCREASING MEANING & JOY AT WORK

Identify your strengths and apply them more strategically to the tasks and activities involved in your work.

Reinvent specific previously identified grinding and fulfilling experiences to determine how you can derive more meaning and joy out of them and the outcome of doing so.

### YOUR COMMITMENTS

Learn the life indicators that it's time for you to revisit your purpose process.

Commit to the realistic and manageable changes that will provide access to more positive and powerful emotions.

■ In-Person or Virtual

■ Full Day

## PROGRAM OUTCOMES



### Perspective Shift

Understand your purpose process to experience more meaning and joy in your daily life.

### Uncover Your Meaning & Joy

Start this process of positive change by gaining clarity on your specific daily tasks and activities that are: fulfilling, indulging, disengaging, or grinding.



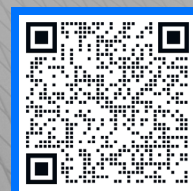
### Reinvent Daily Experiences

Learn how to reframe the stories and tasks you may have surrounding daily experiences to gain more energy and reduce stressors.



### Establish a Repeatable Process

Recognize the opportunities to revisit your purpose process and clearly describe how you will increase experiences of meaning and joy in your daily life.



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