

**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<sup>®</sup>, 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!

### What does it cost?

One-payment option with discount: \$298 (includes Robert Maurer's book)

Two-payment option: \$344 (includes Robert Maurer's book). The first payment is \$199 and the second payment is \$145.

#### Attend free:

As a special bonus, **you** can attend for **free** if you create a group of 5 to 7 other individuals who purchase the workshop for themselves.

### When is the workshop?

This workshop will meet by phone from 3:30 p.m. to 4:30 p.m. (Pacific Time) on the third Thursday of the month. Workshop dates are:

1. September 16, 2010
2. October 21, 2010
3. November 18, 2010
4. December 16, 2010
5. January 20, 2011
6. February 17, 2011
7. March 17, 2011
8. April 21, 2011
9. May 19, 2011

### How to sign up?

Call Kathie England at 503-531-9466 or email her at [Kathie@timeforsuccess.net](mailto:Kathie@timeforsuccess.net). She will send you a registration form and an invoice that you can pay through PayPal.

Once you have registered and paid for either workshop, you will receive your book, your information packet, and the dial-in number for the call.

### Who is Kathie England?

As a coach and an organizer Kathie draws on her background in teaching, facilitating, interviewing, listening, and problem solving to help people learn to think better. Clients have always described her as much more than an organizer. She listens and observes without judging. She believes that people have their own solutions deep within them and her role is to ask the questions that will help them discover their own solutions. She started her business, Time for Success, Inc. in 2002.

**Do you want to change your life? Take this first small step and sign up today!**