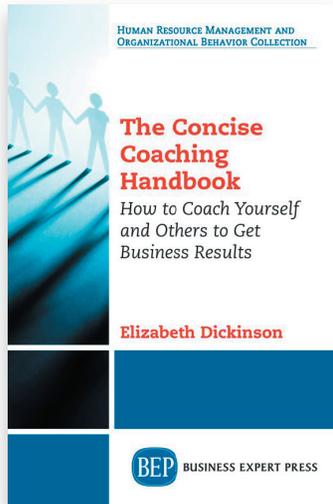


Pursue Your Path

...to Passion, Purpose, Power and Personal Peace



Know what to P-A-C-K on your path (Patience/Perseverance, Ambition, Curiosity, Kindness)

- ✦ Take your own temperature — how to get beyond a lukewarm life
- ✦ What do you want and how badly do you want it? Get the most from your career, relationships, and life
- ✦ Don't 'should' all over yourself: move beyond woulda/coulda/shoulda to self-acceptance and self-love
- ✦ The one thing you need every single day to feel happier (that you can do for yourself)
- ✦ When good stress goes bad: discover your unique way to embrace the good stress (and detox the bad...)
- ✦ Do this first for your team: creating emotionally safe spaces at work
- ✦ What did you just say? Make your listening active
- ✦ How to get people to take action — without nagging, pushing or manipulating
- ✦ Cut the crap: 4 simple questions to get yourself back on track
- ✦ Celebrities see coaches for weight loss, relationships, and career moves: how to get the same results for yourself
- ✦ The miracle question: getting beyond the question why to discover what really drives you (and others)
- ✦ They're not opposites: Creating a spiritually-driven life in a material world



Elizabeth Dickinson

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Elizabeth Dickinson is a life coach, speaker/presenter, and writer. She has coached/presented in over 40 for-profit and non-profit organizations, including Land O'Lakes and Performance Excellence Network. The Concise Coaching Handbook is her first non-fiction book. Education includes: B.Ed. Honours degree/Cambridge University; M.A. in Psychology/Lesley University; life coaching certification/Adler Graduate School. As a former boardmember of the Minnesota Chapter of the International Coach Federation, she initiated the Prism award recognizing organizational coaching excellence at Barr Engineering, Cargill, Pepsi and non-profits including Better Futures Minnesota and Pregnancy Choices. Elizabeth was named a Changemaker by Minnesota Women's Press after she first ran for political office.

To pursue your path more easily
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