

Living Your True Purpose Workshop

For College and High School Students



WHAT YOU WILL LEARN

- Living a life of purpose increases one's well-being
- Ability plus effort leads to accomplishment
- How to connect to one's authentic self through meditation, art, journaling and movement
- The benefits of goal setting

"This was a wonderful workshop. I would recommend it to all my friends. It had the right mix of content and activity. I left feeling uplifted and ready to work on my action items."

"This class made me feel better than I thought. I learned more about myself and what I wanted."

Flourishing Culture Consultants, LLC®

Creating cultures where people count



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