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Proposed Topic

“[re]Aligned for Purpose”

Abstract

It is a new world, and so many people feel discontent with their lives. For some, it is a little whisper nagging at their happy lives; for others, it is an overwhelming need to find a larger understanding and the big purpose of life. As we solve the problems that life presents over time, we can find ourselves pulling further and further away from what we thought our lives would be. One day we look at our jobs, the day-to-day grind, and realize that this is not enough.

“[re] Aligned for Purpose” will explore how to make meaningful changes to one's life to find a greater purpose. We will examine the idea that sometimes a major life shift is needed, and other times a few small adjustments can make all the difference. We will discuss how taking inventory, redefining priorities, and rearranging habits can help us reclaim our dreams and realign our lives to what we really want. Finally, we will look at how falling down is the first step to getting back up and ultimately building a new life.

Learning Objectives

1. Uncover the key practices to help you make the most of every day.
2. Explore simple exercises to uncover your fullest potential.
3. Outline a three-step life plan that will help you move forward in life.

Over the years, I have been privileged to participate in Barbara's presentations and workshops on a variety of subjects. No matter the topic or its complexity, Barbara has a gift for breaking down the material into digestible wisdom nuggets. Whether it's a large auditorium or an intimate venue, Barbara delivers a systematic yet heartfelt process to which everyone can relate.

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