

Passion@Work

'Love your work' Workshop

Life is too short !

Do you feel uninspired or de-motivated by your work? Have you experienced recent change and find yourself now doing things that seem to lack meaning? Do you want to feel valued for your talents and contributions? Have you lost your passion? Did you ever have it? Do you feel like you are on a hamster wheel of activity far removed from the real purpose of your work? Does work seem like it is just a means to end or does it make you feel fully alive and proud to contribute to the world in some way?

Eckhart Tolle in his book *A New Earth* says that if you don't enjoy or at least accept with a peaceful heart what you do for a living then it is time to stop and review your work and life. We all like to feel as though we make a difference in some way and we all can. This workshop is about discovering what changes you need to bring about either in yourself or in your workplace to enable you to really engage with, and love your work.

In this workshop you will:

- 'Accept, Enjoy, Enthuse' - express *your* current reality
- Create compelling vision for where you really want to be
- Reveal any personal or systems blockers to change
- Find out what's really important to you in work and life
- Tap into some resourceful thinking strategies, beliefs and emotions
- Develop a strategy for feeling and building your enthusiasm
- Plan to proactively manage your work environment or context
- Activate some internal and external support strategies
- Feel refreshed and ready for a new phase in your working life

Come and join us to turn any unsatisfactory feelings you have about work into the motivation and momentum you need to really engage your talents and passions in the world.

This workshop starts at 9.30 and finishes at 17.00. It costs €350 plus vat and includes all materials, lunch and refreshments. See our website or call us for dates and venues.

www.passionatwork.co.uk
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