

REFRESH, REBOOT or REINVENT?

(Re)Discovering the Purpose and Passion
in Your Work and Life

Why do I get up in the morning? How long has it been since you've answered that question? If you don't know, you're not alone. At midlife, most people confront the challenge of understanding their unique purpose, and reconciling the choices they've made with their hopes, dreams and talents.

RISK-TAKING

PURPOSE

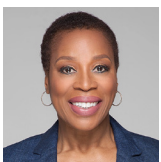
PASSION

REINVENTION

Many executives struggle to reclaim the passion that originally filled their lives with meaning and energy, while others are simply tired of the grind, and need to refresh or "reboot." This presentation explores the concepts of life purpose, passion, risk-taking and reinvention. Through personal stories, guided exercises and interactive discussion, participants will achieve clarity regarding life and work direction and learn the meaning of personal fulfillment.



Craig Rapp is a nationally known speaker and consultant. He has been a City Manager, an executive in two privately held companies, senior executive at a Regional Planning Council, the Director of Consulting for an International Association—and he has trained and performed Improv at The Second City in Chicago.



Aida Johnson-Rapp is Director of Group Fitness for the largest sports club in America and a Certified Well Coach. She has been a professional dancer, soldier, cheerleader for the Chicago Bulls, Director of Student Recreation at a University, and Special Events Coordinator for the Mayor of Chicago—and she has trained and performed Improv at The Second City in Chicago.

Craig offers other workshops including, 'Improv and Improve!', 'Leading in Difficult Political Environments', 'Achieving Excellence: The Quest for a High Performance Organization' and many more.

Go to craigrapp.com for more information.