



Aspire for Greatness™

Life Skills Professional Development Course ©

Classes presented by artist, author & Life Coach, Priscilla Woodson. Find complete course descriptions, and the course workbook, *Aspire for Greatness*, Life Skills Professional Development online at www.PriscillaWoodson.com and or www.Amazon.com.

Discover Your Heartbeat

Walking through a self-rewarding process in *discovering* what makes you tick. Discovering your *heartbeat* is an *essential* component for your career, life & journey as an artist. You will *identify your gift and talents*, that every human has, no matter how dormant they may be. Session will help you *understand your heartbeat, how it relates to your gifts & talents*, and how they *work together* in providing stamina, healing, gratification, insight, connection, vitality & more. Your heartbeat is a contributing factor to *life's balance & daily maintenance* as you actively engage in A4G.

Know Yourself

What are your convictions and customs? Your response sets the stage for what you believe, your integrity, and your core values. This session will help you clearly identify and define your belief system, which is a vital process in establishing your foundation as a individual. More importantly, you will learn how your convictions, customs, and principles shape you professionally, personally and your creative voice

Live Holistically

Holistic living is about investing in your-self and aligning your mind, body and soul (MBS), which is essential to daily living and long-term success. You will discover how MBS alignment results in successful maintenance of your thought processes, mental and spiritual growth, physical fitness and overall wellness. Like oxygen is to breathe, obtaining balance brings vitality artistically, professionally and personally. You will learn maintenance strategies, exercises and practices to incorporate into your daily routine that generates a healthy Segway to greatness.

Grab Your Greatness

Now that you've been equipped with the fundamentals, it's time to devise a plan. By taking ownership of concepts presented in "Aspire for Greatness," you are positioned to not only *know*, but also *achieve* what matters most to you. This session walks you through the key elements of preparation, planning, and faith in crafting and executing a strategy. You will also learn how your vision relates to this process, and how your eyes must see the future to grab your greatness today.

What's Next? Workshop!

A live interaction session where students continue the process of constructing their plan A, B, C and so forth (i.e. A2G Heart Module). Session allows concentrated efforts for student to define heart module; define each talent; how they envision talent working; and how it connects with their gift. Session also permit one-on-one questioning with instructor.

Reveal Your Truth

This session unfolds the circumstances that played a role in your "yesterday" and how it impacts your present reality. Discover the connection between your heartbeat and your truth. This session will prove that your truth is a force that fuels your journey to greatness. You will learn how to uncover how your environment, circumstances and relationships (ECRs) are part of your truth. Your truth could be brutal, chronic, debilitating, ugly, a secret or generational. No matter how challenging or difficult your truth is, the truth is...it is good!

Pursue Excellence

This session will shine the light on best practices for conducting yourself not only as an artist, but personally and professional. You will walk away with a clear sense of what excellence looks like in all stages of your artistry. You will learn how excellence is an attitude as much as it is a way of life. Operating from a position of excellence does not mean you should be a perfectionist, but it establishes a standard by which you present yourself, conduct business, and even executing performance.

Expand Your Audience

Demonstrates how building relationships, networking, and mentoring produce a win-win situation for you & your audience. You will learn how giving of yourself & engaging the lives of others broaden territory, resources, and connections never fathomed! This topic is the prerequisite for others to meet & greet the real you, raises awareness others share your life story, and sets the stage for EPIC opportunities & experiences. This session introduces the concept of community, content building, raising awareness - its' role & importance! EYA is the active ingredient to purpose and destiny. The process of A4G keeps moving & expands strategically.

What's Your Plan B?

What if you do not obtain a recording contract from a big record label? What if your production never makes it to Broadway? This session is designed to affirm you are more than your artistic discipline. This realization makes you a triple threat - an artist of power, with a purpose and with a plan. This session will prepare you in defining your own success, what it looks like, plan for contingencies, and activate other "arteries" of your craft to ensure your Plan B is just as good as your Plan A.

Graduation Celebration

Graduation serves a two-fold purpose: (1) To honor each participant through presentation of their customized A2G Heart Module and keynote address; (2) Graduates will also present a one-on-one, or collaborative presentations capturing their A4G experience.

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