

## **“What One Person Can Do”**

**Intention:** For participants to experience that all of us have within our heart and mind the ability to create a life of value and purpose. “What One Person Can Do” is about accessing the power that already resides within each of us.

**Structure:** “What one Person Can Do” is an experientially based exploration of the power that resides within all people, and honors the unique life experiences of each participant. Over a twelve week period, through practical, personal assignments and reflections, participants discover that the loving-kindness of Mother Theresa and the indomitable will of a Nelson Mandela reside within all people, the only issue is access. This program, grounded in loving-kindness and personal responsibility, explores the following:

Creating climates of workability, ownership and responsibility

Preciousness of time

Choice

Breaking habits that don't work, beginning habits that do

Persistence in the face of no agreement

We live in a miracle

Developing balance and self-care

Separating who people are from what they do

Effective communication

The importance of context and how to create it

Learning how to break cycles of automatic response to a problem

Building a personal, daily routine that works

Truly effective listening

Solving problems brilliantly

Increasing personal energy

### **“What One Person Can Do” (General Goals/Intended Results)**

To experience that you are loved absolutely and unconditionally.

To experience that in every second the opportunity exists to make a choice that allows us to create brilliance or mediocrity.

To experience the power that resides within each of us.

To experience our ability to create meaningful, productive, joyous, contributory lives.

To experience our ability to create environments where others can choose to create meaningful, productive, joyous, contributory lives.

To experience that the past is only significant if we have failed to learn from it.

To experience our ability to maintain our focus when it seems that no one else is interested or cares.

To experience ourselves as powerful, capable and able, completely in charge of our own well being.

To experience our ability to create an environment of exceptional support, communication and teamwork.

To experience our ability to be master problem solvers.

To experience our ability to see what is wanted and needed in any situation and know how best to produce that result.

To develop a process of self-care that supports each participant, their families and producing brilliant work.

**Clients:** some of the clients for the “What One Person Can Do” program include corporations, school systems, Job Corps programs, Military Institutions, Maine State Prison System, YMCAs, Combat Veterans and a wide variety of other individuals.

*“Strength in this case (the power within) is not about force or physical power. It is always gentle and acknowledges the capabilities of others. It is about the ability to create poetry in a concentration camp, enter a ‘white’ university as its only black...It is about commitment and dedication to goals worthy of support. It all begins with the individual.” - Bill Cumming*

**Logistics & Fees:** This is a twelve week course, two and one half hours a week in person for groups up to twenty. For individuals, one hour a week in person or by phone.. Courses for institutions by contract agreement. Do not allow money to be a reason not to do this work.

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