

MEANING & PURPOSE: YOU MATTER

WORKSHOP OVERVIEW



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PURPOSE

Having a sense of purpose in life is correlated with happiness and wellbeing, however, the process of figuring out your purpose is usually met with frustration and angst. The purpose of this course is to provide a step-by-step approach to uncovering your purpose and what will fill your life with meaning. Throughout these modules, you will infuse meaning into your goals for a greater sense of fulfillment, discover your strengths, and claim your values. This workshop will provide clarity on the unique way you impact the world, and how to maximize that vision for greater resilience.

THE GIST

- Meaning and purpose are essential to a life of happiness and resilience.
- Meaning is the process of making sense of our life, the past and the present.
- Purpose is about a sense of future direction for our life.
- Both have the potential to connect us to something greater than ourselves.

CALL TO ACTION

- Use meaning making skills to identify the story you've been telling about your life and your experiences.
- Make sense of the world around you in a way that serves you.
- Make life meaningful, identify your "Why" for what you do.
- Live your values.
- Use your passions.
- Know, Show and Grow your strengths.
- Uncover your purpose in life.
- Refine your purpose in life as you put it into action.

THE BENEFITS

- Having greater meaning in life will make you more resilient.
- Identifying and acting on your purpose in life will increase your happiness.
- Knowing and using your values, passions and strengths will make it easier to tackle life's challenges.

THE EXPERIENCE

- Educational and practical content, focused on adult-learning.
- Music to support changes in energy, mindsets and to enhance reflection time.
- Engaging exercises and reflection activities intended to make everyone seen and heard.
- Accompanying workbook with exercises to use during and after the workshop.

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Why are you here? What's your purpose in life?
Obviously a 90 minute workshop won't tell your
reason for existence but what if it could point you in
the right direction?

Learn about the science of meaning and purpose.
Learn how to leverage evolutionary neuroscience to
take control of how you frame your life experiences.
Walk in with big life questions, leave with clarity on the
unique way you positively impact the world.



Lorena Caprar,

Valuing the power of human capital, a passionate professional with over a decade experience in human resources management, Lorena acquired knowledge through a Master of Leadership, Certification in Applied Positive Psychology, and as a Certified Resilience Trainer.

Expert advisor, trainer, and coach, Lorena founded [KLo Human Sustainability](#) from her desire to meet humanity upstream to prevent psychological harm and promote flourishing.

She is dedicated to helping individuals and organizations thrive using evidence-based strategies and solutions with a focus on strengthening resilience and restoring individuals' identity.

IN THIS WORKSHOP YOU WILL:

- Get answers to some of life's most perplexing questions... "Why are you here?" "What's your purpose in the world?"
- Connect your purpose on the planet with your daily work.
- Learn to leverage your meaning making brain.
- Connect your passions and values to your work.
- Discover your character strengths and how to leverage them for greater happiness, fulfillment and resilience.
- Recognize the impact you make on others and deepen your connection to those around you