



THE PINK FLOWER  
C O M P A N Y

# FINDING & LIVING YOUR PURPOSE IN LIFE

This course combines a unique blend of mindfulness and hands-on, evidence-based tools for unlocking your true passions. You will be guided through a series of exercises which engage your mind, body and spirit and which allow you to awaken to your dreams and ambitions. This course aims to combine the creative side of uncovering your passions, with the practical tools for implementing changes in your life.

## HOW IT WORKS

Dr. Maria Quinlan has developed a course which draws on the work of key researchers and writers in the area of purpose, passion and career. Combining their insights with her own research, she has developed a set of exercises and creative tools with which to guide you through the process of firstly uncovering your true passions, and secondly developing a set of practical strategies to start living your purpose.

The transformational power of yogic meditation is paired with tools for implementing change in your life. All the tools are evidence-based, and have strong research to support their effectiveness in kick-starting transformation and creating sustainable change.

## WHO THIS COURSE IS FOR

It is suitable for anyone who would like to create some positive change in their lives, big or small. This course is designed to be a fun and creative way of getting to know ourselves, our motivations and our passions more fully, and then to make some concrete plans to consciously move towards the life we would like to be living. It is particularly suitable for anyone considering a career change, starting their own business, or for students considering third level course options.

## TOOLS FOR UNCOVERING YOUR PASSION & PURPOSE



**PHOTOVOICE:**  
A method of using photography as a tool to explore thoughts and feelings



**FREEWITING:**  
A writing technique to connect with and explore your motivations



**YOGA NIDRA:**  
A traditional style of yogic meditation

## TOOLS FOR CREATING PURPOSEFUL ACTION THAT ALIGNS WITH YOUR GOALS



Identify the (often hidden) barriers to change and overcome them.



Identifying clear goals and a plan to achieve them



Creating a strategy for sustainable change.



## *Introduction to the tools: creative strategies for uncovering your dreams.*

First we will sample creative fun ways of exploring what really lights us up. Using everything from photography to writing, painting, meditation and vision boarding we will play with a variety of methods to help us to tap into our true work and life goals.

## *Finding your element: where what you like doing meets what you are good at.*

Drawing on the work of key researchers in the area of purpose, passion & career, we will use a variety of creative exercises to explore what you love, what makes you happy and how you can combine those into a career/life of passion and purpose.

## *Dreaming and scheming.*

We will then use a blend of mindfulness meditation and idea-mapping to begin to create a concrete vision of what your passions are and how you would like your work/life to look.

## *Intentional goal setting: moving from the general to the specific.*

Having begun to identify your passions you will be guided through a series of exercises and introduced to a variety of practical tools that will help you formulate purposeful, actionable goals which align with those passions.

## *Implementing change: exploring hidden barriers & strategies to overcome them.*

This class will focus on how to make the necessary changes needed to turn your goals into reality. We will explore hidden barriers and limiting beliefs which may hold you back from progressing towards your true passion in life, and strategies for overcoming them.

## *Creating an action plan.*

In the final part of the course we will focus on creating a plan of action to help you to achieve your goals and bring you further towards a purpose-filled life.

## FACILITATOR

Dr Maria Quinlan is an experienced researcher, lecturer and yoga teacher who combines age old spiritual wisdom with the latest cutting-edge research into how to flourish and unlock our true potential. Maria specialises in the use of creative research methodologies to explore how people experience their world. Her research has focused on how individuals and organisations implement sustainable change; how people navigate their careers and how organisations can help create a truly engaged workforce.

She combines her research into career progression and change with her passion for the transformational power of yogic meditation and intentional living.

