



GERREN C. POWER

gerren@theyeahgroup.com

(925)364-1892

www.theyeahgroup.com

WORKSHOP PROPOSAL

Keys To Living an “UNCHAINED” Life

ABSTRACT

The real tragedy in life is not the fact there are so many people who are chained and bound, but most of them have no idea. One would think if given the choice, a person would choose boundless freedom and opportunity rather than restriction and confinement. For some, the struggle to find the path is so elusive, they surrender to the idea of life never becoming more than what it currently is and remain trapped within their circumstances

Woven within this impactful and inspirational talk I unpack keys and principles in real time to break free from limitations, whether forced or self-imposed. A creatively constructive presentation of practical approaches empowers the audience to breakthrough and become unchained from crippling limited beliefs and mindsets.

“Gerren Power is a dynamic mindset RE-set coach specializing in focused action and goals achievement. His passion for his clients is tangible as he stretches them to become better in all areas of their lives.”

Cy Forh, CEO The Forh Group Int’l, Leadership Coach/Consultant, Speaker and Author.

LEARNING OBJECTIVES

1. Identifying the top 3 blockers to why you’re chained.
2. Learn the 5 daily actions to cultivate a purpose filled life.
3. The 7 keys of having a Free and Fulfilling Life

REFERENCES

Cyrenius N. Forh Jr, CEO The Forh Group Int’l, Columbia, Maryland. (202)878-4289.

Dr. Rufus Chambers, Executive Director of The Bridge Community Church, Los Angeles, CA. (323)777-1235