



# 3D SPORTS LIFE COACHING

## 4 Significance Workshops



Coaching 4 Significance - Live everyday on purpose

Workshops

Are you striving to create a life filled with purpose and 4 significance?  
Join Sports Life Coach Carlette Patterson as she coaches you from where you are today to where you want to be the rest of your life!

### THE POWER OF PURPOSE – WORKSHOP

Are you ready to discover how you can use the great learning experiences you have had and the wisdom you have gained from them to make a difference in the world? Take the time to understand who you are, where you have been, and where you want to go. Think about the difference you could create in your life if you had a plan and a clear understanding of the process involved in living through personal change. Carlette will coach you from where you are today to where you are committed to going based on your personal experiences, strengths, and your desire to live every day on purpose.

### THE POWER OF YOUR STORY – WORKSHOP

Your life story has some amazing chapters; they reveal truths that define who you are personally and professionally. Your experiences help you to understand the positive influences and crucibles in your life that mold your values and behaviors. Carlette will coach you to gain a deeper understanding of the power of your story and how to embrace it so you can live a life 4 significance.

### THE POWER OF TEAMS – WORKSHOP

Are you ready to follow through on the things you say you want to do differently? Change is tough, especially when attempting it alone. Carlette introduces you to the power of teams- support teams- teams of family and friends that serve as your “Team 4 Significance” to help you make the changes you want in your life. She will coach you on how to create and sustain positive change in your life...it is all about relationships, relationships, and more relationships!

### THE POWER OF PRACTICE – WORKSHOP

What do you love to practice? Studies have shown that masters are simply people who have practiced a skill intensely for 10,000 hours or more. What are you so passionate about doing that you will commit 10,000 hours of practice to master it? Carlette will coach you on emotional management, energy management, and time management - the fundamentals of mastery. Embrace the power of practice and commit to finding joy in your next 10,000 hours of practicing 4 significance.

### TESTIMONIAL

"Carlette's energy is unparalleled. In fact, she literally lights up the room with her presence. Her years spent in highly competitive athletic training has made her disciplined and direct, she will take you to places you never thought possible. Carlette's sense of humor is endless, her warmth, genuine honesty and character reveal a woman who has been through the process of building and rebuilding a life worth living. She is a woman who has truly found her North Star. I am honored to have worked with Carlette and recommend her as your personal Life Coach to help you find your North Star."

- Dr. Martha Beck, *Psychology Today*, *USA Today*, and *NPR* have all referred to Martha Beck as "one of the best-known life coaches in America"

**WORKSHOP DETAILS: EACH WORKSHOP IS A HALF-DAY**  
**WORKSHOP FEE: \$ 200 per person**  
\* Minimum of 10 people

For further information contact: **Patterson Sports Ventures (602) 361.4555**

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