

Discover Your Porpoise Within!

Uncovering Your Life Porpoise and the 7 Foods to keep it swimming!



Every person is guided by a deeper notion of what they are about. This life **platform holds within it a Life Purpose.**(i.e. **Your Porpoise!**) Your Porpoise contains your genius and your passion!

Living on Porpoise requires energy! Sadly, many people fail to energize and sustain their Porpoise because they do not know how to feed it! We think of passion, focus, genius and commitment, all concentrated all of the time! That energy is derived from **your 7 Trues: Work, Play, Rest, Study, Service, Home, and Love.** Each of these Trues is a unique nourishment type that feeds the Porpoise and energizes it with Vitality.

**Are you one of the many who are out of work?
Or, just not sure what to do next?**

You can't afford to miss this workshop!

In this experiential workshop, we will present you with opportunity to:

1. Know your "soul platform" and observe the way it has influenced your passions and genius.
2. Write a Life Porpoise statement that causes you to feel appreciation and joy for living.
3. Begin to explore the Seven True sources of nourishment and refine your ability to have each!
4. Learn the Zing – Clunk of physical and emotional states of energy using the Vitality Tone Scale©
5. Learn self-mirroring and context diagramming as tools to dissolve anchors weighing you down.
6. Take home a workshop manual with all of the concepts and exercises in it.

all this...only \$99!

**Even if you already know your Porpoise,
do you know what it takes to make it thrive?
This workshop will show you how!**

Who: Join Pod Leader: Stephen Cocconi (Make checks payable to Stephen Cocconi)
When: January 24th, 2009 **Where:** Home of Jill in Rocklin. **Address given upon confirmed registration.**
When: The next Bay Area What's Your Porpoise Seminar to be held in February 21st, 2009 **Where:** TBA
How: Register online using PayPal— \$99 seminar only! Or send checks to PO Box 340385, Sac., CA 95834
<http://www.themichaelteaching.com/products.html>
What: Lunch: Bring a bottle of water and maybe a bag lunch.

What's Your Porpoise!™ Seminars

Living the life that feels like you!™



Imagine what it would be like to live a life that actually enthused, energized and excited you? Deep down, each of us knows we have a Purpose--a unique reason for being here. Finding the "blueprint" or life design and sacred activities connected to fulfilling your true purpose is crucial to a life that reflects your authentic self. But for some knowing Life Porpoise feels elusive, while living it somehow out of reach. Using a wide array of tools and exercises, we discover and clarify your Life Porpoise and build upon your 7 Trues for nourishing your daily existence. Our methods are grounded with practical and

attitude-shifting experiences based in profound metaphysical principles and designed to get you into the flow. Find your pod (of supportive people) and have a more authentic, fulfilling, and joyful life!

**Be like the Porpoise and swim!
Each Class is only \$99 each.
Or, purchase all 4 for \$330.**

Level I - Discover Your Porpoise™

Learn the primary elements of Life Purpose, and the 7 True motivational engines that sustain your ability to perform and grow your Porpoise. Come away with the deeper sense of how to evaluate and take congruent actions.

Level II - The Porpoise Dives Deeper™

Find out where and why your Porpoise is floundering or gasping for breath! We refocus on the clarity and accuracy of your Porpoise statement. We introduce tools to locate and unlock the beliefs and behaviors that might be hindering the implementation of your porpoise in daily life.

Level III - The Porpoise Rises to the Surface™

We begin the process of how to implement your Porpoise so that it swims in the seas of your daily life. And continue to refine your experience the positive effects with others. Focus is on time management and planning.

Level IV - The Porpoise Joins Its Pod™

Porpoises work together and swim in groups. They collaborate because it is good for their individual success and because there is power in numbers. But where is your pod? We analyze what social/enterprise playground best suits your Porpoise.

Porpoise Hoops! Training - Personal Coaching with Stephen J



Cocconi – Not all life porpoises came in knowing how to swim, let alone jump. There are new skills and attitudes that must be learned, habits to be undone, and hurdles crossed. Your Porpoise is exposed to steps and procedures to encourage your Porpoise to explore possible horizons. In 12, 1-hour weekly private sessions, we will spend time creating and assessing goals for your advancement, dealing with blocks, refining your understanding of



your intentions, and reviewing your 7 Trues to see where your Vitality is expanding or waning. You will be guided to do tasks like: read selected authorities, locate communication channels for you area of interest; make stretches in behavior, and refine your style. Together we empower your Porpoise with passion and power while developing your unique expression of genius. Each session is \$40 per hour for a total of \$480. If paid in advance, \$450 for 12 weeks. To begin this process every participant must attend *What's Your Porpoise Seminars* Level 1 & Level 2.