



Impression Management Consulting

Catalysis - Coaching - Education & Learning - Strategy - Peak Performance management

Purpose & Passion

Woman: The Helper – The Influencer - The Rib





why are we here?



1. To get you thinking



2. To leave you with questions rather than answers

The Genie: Unequalled Abilities

In the simplest terms: The Female brain has twice as much going on in it. She communicates back & forth between the two brain hemispheres, so compared to the male she has twice as much to understand, to say and also twice as much potential for error. Because her brain processes more information she has greater difficulty making a decision.

The male has a narrower view, but is generally not as easily swayed

Five Tennis Playing Tips To Help You Improve Your Tennis Game

Tip 1

Work on your strokes in slow motion at home. Make sure that every part of the **stroke is in rhythm and feels very smooth and loose.**

Tip 2

Make sure that every ball you hit has a **specific target.** Aim for either the right or left hip.

Tip 3

Learn to **have certain cues** to help you with your strokes. In matches, when the pressure is on, everybody gets tight and less fluid. **By talking to yourself**, you can increase your chances to stay loose and fluid.

Tip 4

When you're hitting the ball **focus on fluidity** and **weight** by using both your upper body and your lower body. Too many players are just arm hitters and don't use the lower body well.

Tip 5

Use practice time intelligently. When you go to the courts always have something you're working on -- perhaps a shot you don't hit well now but know that you need.

For example, you might want to improve your slice serve. So, when you're warming up or playing practice points, make it a point to try to hit some slice serves. Even if you can't do it properly yet, it's important to keep experimenting until you get a better understanding of the shot.

Overall

The two-time Sydney champ, Justine Henin defeated Ana Ivanovic in a grueling battle on center court at the Medibank International. Henin struggled a bit with her serve, going 47% on first serves with 11 double faults. But the weather conditions were tough for both players, “The conditions were pretty tough. No, it's not as hot as it is in Melbourne, but still it was quite difficult on the court and pretty windy,”

Ana Ivanovic had another tough three-set match today, beating Katarina Srebotnik 6-3 3-6 6-2. The Serb took the first set fairly easily. She was serving well, with three aces, and returning well, on Srebotnik's second serve. But she wasn't as effective on her Srebotnik's first serve.

The noise of the Serbian fans may have also been a little distracting for Ana Ivanovic today. It certainly was for Srebotnik, who stopped her service motion several times to quiet the crowd. The chair umpire also got involved and made repeated attempts at quieting the crowd. "There were times they were a little bit noisy between the points, even between the serves talking," Ivanovic admitted

Daniela Hantuchova and Nicole Vaidisova faced off in the first evening match. There are a lot of similarities between these two players. Both are tall, have big serves, and both are considered among the attractive girls on tour. Another similarity was they both faced three set scares yesterday.

But today would be straight sets for Nicole Vaidisova. She brought the heat in the first set serving up four aces

“Life is a lot like the game of Tennis. Those who do not SERVE well end up losing”.



There are 3 levels of Service & Existence

Service to / focus on Self i.e. one's needs.

Survival:

This word means continued existence.

The fact of remaining alive or in existence.

It could also mean endurance, the ability or power to bear prolonged exertion, pain, or hardship despite the ravages of time.

Unfortunately most Nigerians and indeed black people perpetually operate at this level, where all they think about is their own individual survival in spite of the next person.

Service to/ focus on self i.e. one's wants & ambitions

Success :

This word means an achievement of something, i.e something that turns out as planned or intended. It can also mean the impressive achievement of something, especially the attainment of fame, wealth, or power.

In society today a person is regarded as successful when he or she becomes wealthy, famous, or powerful because of a record of achievement.

Service to / focus on others i.e other people's needs & dreams

Significance:

The quality of having importance or being regarded as having and adding great value, having meaning, having great worth.

A significant person is someone with a very high social status or position, a person with great influence among other people i.e having a powerful and positive effect on people and what they do, or on events that unfold. Significant people often have influence even beyond their lives.

Examples of some significant women:

- Rosa Park
- Oprah Winfrey
- Mother Theresa

SIGNIFICANCE

America

Rosa Parks

United states of america

Rasism

blacks **blacks**

freedom

politics

power

rights

Rosa Parks helped ignite the civil rights movement and change the United States when she refused to give up her seat on a segregated bus in Montgomery, Alabama, in 1955. Her name was brought to national prominence.

An admirer of Mahatma Gandhi and Dr Martin Luther King Jr, she believed that **a heart filled with Love could conquer anything**, she advocated for nonviolence even in the face of the civil rights fight.

She realized that no segregation law upset black people in Montgomery more than bus segregation.

Over 60% of bus customers were black; they formed the majority of passengers and kept the bus line in business.

On Thursday the 1st of December 1955 she got on a bus filled with people after work, Rosa Park refused to give up her seat for a white man who got on the bus, had no seat and had no choice but to stand, the bus driver instructed Rosa to get up for the white man and she refused, he threatened that he would get her arrested if she did not obey his instruction, she remained defiant, she was arrested and even denied some of her rights in prison, she was later found guilty. Her case sparked off many protests.

Many demanded that blacks should boycott bus rides and walk instead or ride only in taxis owned by blacks, they also demanded for equal rights on busses, if they are to resume riding on buses, they insisted that black drivers must be hired to drive buses.

The boycott was very effective, without black passengers, many black routes were stopped. Eventually on the 13th of November 1956 the Supreme Court ruled that segregation on the Montgomery buses was unconstitutional. What Rosa Parks started concluded with a change in the law, It also kicked off protests from other African Americans in other states in the USA.

Her singular act is recorded as the beginning of the American Civil Rights Movement

Nelson Mandela asked to meet her in 1990, on his first trip to the US, after 27 years in a South African prison, Pope John Paul II met with Rosa Park when he visited the US in 1999 and blessed her “in recognition of her Christian contribution to humanity,” she received a congressional medal for lifetime achievement from president Bill Clinton, Time magazine named her one of the one hundred most SIGNIFICANT people of the twentieth century.

“I would like to be known as a person who is concerned about freedom and equality and justice and prosperity for all people.”

- Rosa Parks

SIGNIFICANCE
Tv Talk Show

Oprah Winfrey

inequality compassion love
Poverty hunger hope **hopeless**
lack **deprivation**

Oprah Winfrey has distinguished herself over the years; As the host of *The Oprah Winfrey show*, and the wealthiest and most influential black person on earth. She is an extraordinary business woman, a philanthropist, and a strong voice for the rights and protection of children. This is no surprise since at the age of nine she was raped by her nineteen year old cousin; tragically that was just the beginning of the destruction of her childhood. A boyfriend of her mother Vernita, also sexually abused her and so did her uncle, this went on for five years; the worst part of it was that she could not tell anybody about it.

The abuse Oprah experienced manifested itself outwardly. Her behavior became out of control, and she was promiscuous in her early teens. At fourteen she showed up pregnant at her father's door step; she eventually gave birth prematurely to a baby boy, who died shortly thereafter. Vernon her father a military officer took her under his wings and instilled discipline in Oprah, he insisted on her improvement from a C student to an A student. In 1987 Oprah said "it is because of my father that I am where I am today".

Oprah began to gradually take responsibility for the outcome of her life.

She started work at sixteen, earning \$100 a week at WVOL, a local black television station in Nashville as a part-time announcer. In 1976 she was wooed by another station WJZ-TV as an advertising campaign anchor, she later was promoted and became a reporter, she failed in that role because of her personality, the problem with Oprah was that she was too people – oriented, to be a hard – nosed reporter; if she went out and covered someone's house burning down, instead of coming back and writing the story like a good reporter would, she would be on the phone trying to get help for the victims, or worrying about their predicament.

She however got her break and **discovered her passion** when she was asked to be a co-host of a morning talk show. **After the first episode she said 'thank God, I've found what I was meant to do.'** **It's like breathing.**

She did this job for six years and was later poached and became the host of a morning talk show, A.M. Chicago on WLS-TV, Oprah was skeptical because she would be the first black overweight host of a TV program.

Her boss Swanson told her **"you have a gift, a way of connecting with people"** she was paid a substantial salary of \$200, 000 annually.

Her first show was broadcast on the 2nd of January 1984 at 9.00 am, after four weeks Oprah's genius evolved, her honesty, compassion and genuine concern won over her audiences. In 1986 Oprah and her show now called the Oprah Winfrey show, signed a contract for 24% of the earnings; that year the show earned \$125 million, her personal income that year alone was \$30 million.

In 1990, the secret of her abuse, pregnancy and the death of her premature baby was revealed by her half sister, who sold the story to the tabloids. Oprah felt betrayed that the story of her private life was sold for money, and did not speak to her sister for two years.

She later **forgave** her sister and moved on in life. Giving back to society has distinguished her, to fulfill her commitment to education she set up ten scholarships worth \$77, 000 each, she has sponsored many bills on the rights of children in the senate and she supports many causes through her foundations. In 1988 she was named the broadcaster of the year by the International Television and Radio Society; she has gone on to win many more awards over the years. She is today recognized as the wealthiest and most influential black person, she was also named by Time magazine as one of the one hundred most **SIGNIFICANT** people of the twentieth century.

“Do not complain about what you don’t have.
Use what you’ve got now. To do less than your best is
a sin”.

-Oprah Winfrey

SIGNIFICANCE

India

Mother Teresa

inequality compassion love

Poverty hunger hope **hopeless**

lack **deprivation**

Mother Teresa was a **living embodiment of compassion and love** she was completely **devoted** to the world's poor and her **desire to serve them**.

Her deeply religious mother always told her that “When you accept a task, make sure that you do it willingly. If you cannot, don't accept it”

She left the convent in Darjeeling, a beautiful mountain town at the foot of India's breathtaking Himalayan mountains, for the wretched poverty of India's cities.

Within four months she learnt the basics of first aid and nursing skills, afterwards she opened a school for the poor in the City of Motijhil, near Calcutta; **this was inspired by her discovery that they lacked proper medical care and education.**

After a while she had a flock of novice sisters training under her, to give clear direction to her new order she explained to them the **clear, uncompromising principles of unconditional love and compassion**, she expected them never to shy away from washing the sores of the diseased, changing bedpans and cleaning up after those who were ill.

“If you don’t have the zeal to help the poor, to take good care of lepers, Mother would say to prospective sisters, then (you) should pack up and go home.....no need to stay.”

She believes that the biggest disease today is not leprosy, tuberculosis, hepatitis, aids or cancer, but rather the feeling of being unwanted, uncared for, deserted by everybody. **“The greatest evil she concludes is the lack of love and charity.”**

She started in 1948 as a single warrior against poverty, they eventually grew to more than 4,500 nuns and 120, 000 coworkers with over 600 houses in over 130 countries for orphans.

Without money or influence, by the 1960s she had become recognized internationally, winning many awards such as the American Good Samaritan award, the Pope John Paul XXIII peace prize, the Nobel Peace Prize, etc.'

The ministry of Mother Teresa can be summarized by a story she told. Sometime ago a woman came with her child to see me and said: "Mother, I went to two or three places to beg for food, for we had not eaten for three days, but they told me that I was young and I should earn my living. No one gave me anything".

Mother Teresa went to get her some food, but by the time she returned, the baby in the woman's arms had died of hunger.

Love or Charity begins today.

Today somebody is suffering, hungry,
homeless.....NEEDS HELP IN ONE WAY OR THE OTHER

“Do not wait until tomorrow” she says, let’s show love
today.

“Life is not worth living except it is lived for others.”

- Mother Teresa



What 3 key things do they all have in common ?

1. PURPOSE:

What is purpose?

2. PASSION or LOVE:

What is Love?

It is an Unconditional, Affectionate Dedication.

If I can speak ALL human languages or even the language of heaven but have not LOVE.

If I have ALL spiritual powers, having ALL knowledge or understanding ALL secrets & mysteries, even if I have faith so I can move mountains BUT I have not LOVE I am NOTHING. (A useless somebody)

LOVE is Patient, Kind, Never Envious, Nor boils over with Jealousy, is Not Boastful, Does Not display itself Haughtily, it is not Conceited or Proud, is not Rude, does Not act Unbecomingly, Does Not Insist o its own way, is Not Self Seeking, Rejoices only when Right & Truth Prevails, it Bears up Under Any & Everything, it Endures All things & Finally Love Never Fails.



What else?

ATTITUDE





THE BEST OF LIFE'S REWARDS ARE GIVEN TO THOSE
WITH POSITIVE ATTITUDES

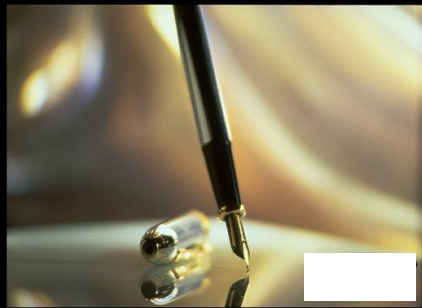
- 1** **A**ction Oriented
- 20** **T**ake Responsibility
- 20** **T**urn Fears Into Power
- 9** **I**mprove continuously
- 20** **T**ransform –VEs into +VEs
- 21** **U**ncover Your Hidden Talents
- 4** **D**evelop Yourself
- 5** **E**xcel in everything you do

100%

Attitude is everything



*Lets
Take Our last
NOTES*





How will i be remembered if I die today?





How do I want to be remembered?





Who am I ?





Why am I here ?





What gifts do I have?





What am I passionate about?





What value can I add to people's lives?





How can I make a difference?





Remember I only promised to:

1. Get you thinking

2. Leave you with questions rather than answers



*thank
you*