

Just a few comments from individuals  
we've worked with...

*"I was very pleased to find that the assignments were related to real life incidences, not to some issue to be researched and written about. I was amazed at how the assignments were able to elicit FEELINGS. So often I try to talk about feelings, but rarely have I been able to get people to feel things so readily. No doubt, the personal nature of the assignments had a great deal to do with the power of the connection."*

Carol Tucker

*"I feel that the most valuable part of this training is the retrospective part in looking back in my life and seeing that it all in fact has been my choice."*

Danielle Lightbown

*"The greatest value of this training is the constant repetition of the fact that the power to improve our lives resides within all of us."*

Colin Barnicle

Please contact us for more information.  
We'd love to hear from you!  
Here's how to reach us...

Telephone:  
773-935-1948

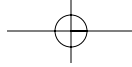
E-mail:  
info@oneperson.net

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Center for Access to the Power Within  
3712 N. Broadway, PMB#414  
Chicago, IL 60613



We  
believe  
that in the  
core of every person  
lies the desire to love, be  
loved, know that they count  
and that they are powerful enough  
to make positive choices in their lives.



To that end, we offer the following programs and services designed to create an opportunity for discovering the power within...

**“What One Person Can Do”** – is an experientially based exploration of the power that resides within all people and honors the unique life experiences of each participant. Over a 12-week period, through practical, personal assignments and reflections, participants discover that the loving-kindness of Mother Theresa and the indomitable will of a Nelson Mandela reside within all people, the only issue is access. This program, grounded in loving-kindness and personal responsibility, explores the following.

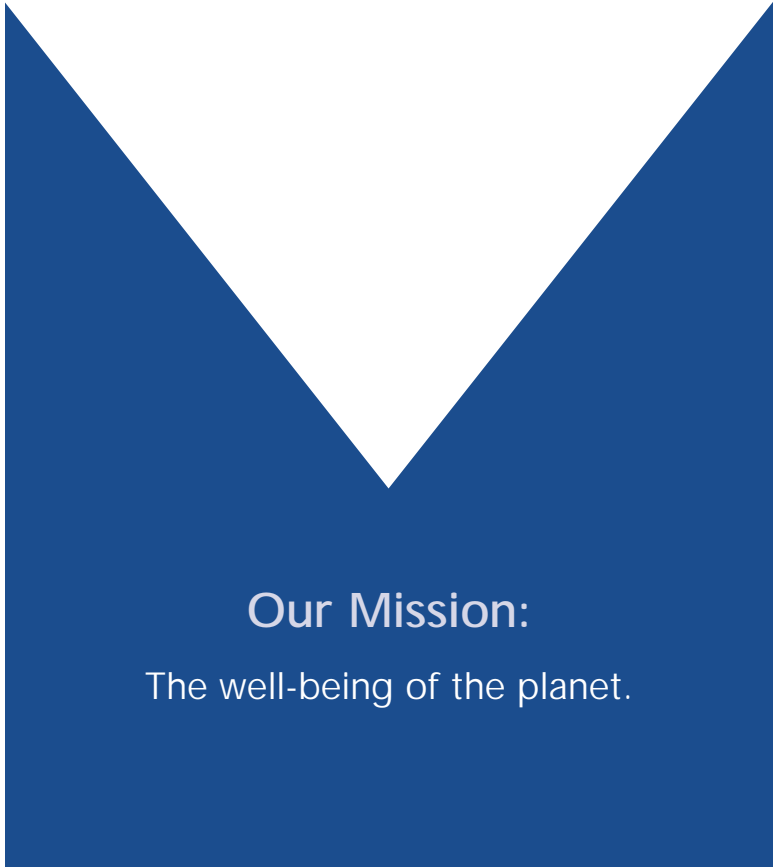
- Preciousness of time
- Choice
- Breaking habits that don't work – beginning habits that do
- Persistence in the face of no agreement
- Separating who people are from what they do
- Effective communication
- Learning how to break cycles of automatic response to a problem
- Building a personal, daily routine that works
- Truly effective listening
- Solving problems brilliantly
- Increasing personal energy

The **“Advanced Exploration”** – is a 12-week program for participants who have completed “What One Person Can Do,” and are interested in the possibility of being certified to facilitate the program in the future.

**Coaching Services** – are provided to individuals and companies, incorporating the foundational elements of “What One Person Can Do” in each session.



Creating the world we desire and the lives we dream about, exist as possibilities within each of us. It has been our experience that when individuals see for themselves what they can do, the possibilities for them and the world we live in are endless. Therefore, our intention is to share this work with anyone who is interested. Anywhere. Anytime.



## Our Mission:

The well-being of the planet.

