

Laura Prisc's OPUS

"A master in the art of living draws no sharp distinction between his work and his play; his labor and his leisure; his mind and his body; his education and his recreation. He hardly knows which is which. He simply pursues his vision of excellence through whatever he is doing, and leaves others to determine whether he is working or playing. To himself, he always appears to be doing both."

~ L. P. Jacks

Over-arching Vision – My Big Dream

Imagine a world filled with light...light that allows clarity of thought, of beliefs, of values, of purpose, of vision; light that fills you with hope and the expectation of positive outcomes; light that fills your soul; light that allows you to see yourself – the best possible version of who you are truly meant to be.

Imagine this world inhabited by growth-oriented individuals, teams, and organizations seeking greater levels of awareness (of self and others), operating intentionally with forethought given to outcomes and implications, striving to achieve higher levels of performance in whatever they choose to do.

Imagine a space that is safe and comfortable, yet stretches you at the same time. A space that is thought provoking and soul-searching. A space that challenges you to be, do, and have all that you dream of and long for.

Welcome to my world. I am the Sunshine and I am here to beam those rays of light on you as you grow into yourself and your potential.

Purpose – The defining statement of my work

Helping others step confidently into their potential through increased self-awareness and intentional action.

Unifying Strategies – What's necessary for me to achieve this?

Personal Growth – by continuing to invest in my learning/growth, and by expanding my thinking and wisdom, I am able to coach, mentor, and teach others based on proven principles and real-life experience; I cannot add value to others unless I intentionally add value to myself.

Authentic Connection – by moving beyond the surface and developing deep connections with others, I will establish relationships that create opportunities for collaboration and partnerships that allow me to expand my sphere of influence beyond my singular reach.

Transformational Experiences – building my network and strengthening my credibility, I am increasingly able to create spaces and provide opportunities for others to come to know themselves intimately in the full light of day, which opens the door for them to fully grow into themselves.

Engaging Materials – through my teaching, writing, speaking, mentoring, and coaching, I am able to guide others through exercises and experiences resulting in life-changing insights that drive

them to take action toward positive change in their lives.

Lasting Legacy – with a high level of awareness and intentionality, I am able to change the world one encounter at a time, leaving the people, places, and things around me with powerful resources for growth and in better shape than when I arrived.

Scorecard for Significance

Personal Growth:

Reading: Investing resources and time absorbing and considering wisdom provided by the words and thoughts of authors who challenge my perceptions, beliefs, and thinking.

Writing: Writing frequently to learn and better understand what I know and how to apply the lessons I've learned in a compelling and coherent way.

Experiencing: Investing time, energy, and resources attending workshops, seminars, mastermind groups, conferences, and other experiences that drive me to stretch my thinking, fill my being with new knowledge, wisdom, and thoughts, and which pull me out of my comfort zone.

Thinking: Listening to and learning from coaches, mentors, and teachers who push me to reach farther and work harder than I would on my own, understanding the benefit because they have been there before me. Also, I will spend time each day just thinking and reflecting.

Authentic Connection:

Seeking: Seeking out others who share my passion for deep thinking, personal growth, and leadership development.

Connecting: Developing deep connections with other like-minded souls, with an eye toward working together, creating together, learning together, growing together, and challenging each other to be, do, and have more in our lives.

Partnering: Creating times and spaces with others to collaborate in providing learning and growth opportunities for the people in my tribe.

Networking: Cultivating new relationships with others through my tribe's networks and chance meetings, to continue to grow my tribe and expand my sphere of influence.

Transformational Experiences:

Mentoring: Sharing my wisdom with others, one-on-one and in small groups, who strive to grow their knowledge and abilities in the areas of communication, team-work, leadership, and personal growth.

Coaching: Unlocking others' thinking by asking curiosity-based questions that compel them to think about who they are, what they believe and value, why they behave the way they do, and what they need to do differently to achieve the results they desire for their lives.

Speaking: Inspiring others to take action and experience the "aha!" moments that come with new insights and perspectives as I share my story and wisdom through speaking opportunities large and

small, near and far.

Teaching: Providing learning opportunities through various means and in diverse settings that expose people to new information and new ways of thinking.

Engaging Materials:

Writing: Developing the kinds of materials that pull people in, engage them on a deep level, and inspire them to consider new perspectives, explore new ideas, and embrace the journey that will allow them to become the person they were meant to be.

Speaking: Capturing the hearts and minds of audiences by sharing stories, information, and ideas through my authentic voice in a way that leads them to new levels of awareness and understanding about the truth in their lives.

Interacting: Engaging hearts, minds, and hands through interactive activities that allow them to gain insights through personal experiences.

Lasting Legacy:

Influencing: Building relationships and demonstrating competency will allow me to influence an ever-expanding sphere of people, who will continue to multiply what I begin.

Demonstrating: Through congruent words and actions, modeling the behaviors of servant leadership, open communication, and deep connection, I will be a lesson in action for my tribe.

Worldview – What I believe

God – I believe the Grand Overall Designer provides what we need, in abundance, and his desire is to see us grow to our full potential.

Awareness – I believe self-awareness and intentionality are the keys to becoming an effective communicator, a whole person, and a strong leader.

People – I believe most people strive to do well, be good and kind, and do the right things.

Achievement – I believe we can become whatever we dream of being, do whatever we dream of doing, if we have clarity, focus, determination, and discipline.

Children – I believe children are a gift from God and we should treat them as such; nurturing, encouraging, and influencing them to do, be, and have whatever they strive for and reinforcing their ability to succeed.

Authenticity – I believe our authentic selves are gifts to others, and I value those who are confident enough to be truly authentic with me.

Work – I believe we are all gifted in certain areas, and we have a choice whether to follow our passions/talents and create our OPUS, or to become enslaved in a place of toil.

Giving – I believe it's important to give of ourselves (time, energy, wisdom, resources) with no expectation for recognition or a return.

Influence – I believe each of us has the opportunity to influence a minimum of five people each day and we should use those opportunities for positive change.

Connection – I believe in developing deep connections with others, preferring strong relationships with a few over shallow relationships with many.

Opportunity – I believe opportunities are more prevalent than some might think, and it's up to us to be prepared when they appear.

Victory – I believe I can be victorious in whatever I endeavor to do.

Miracles – I believe miracles happen more often than we are aware.

Identity – Who I am

Sunshine – I beam light into the lives of others, providing clarity, focus, understanding, and hope.

Wife – I am committed to loving Marty and working to ensure our relationship is real, solid, and growing.

Mother – I am “mommy” to Martin and will do everything in my power to be a positive influence on his life, helping him to grow into his dreams, believing fully in him-self.

Friend – I am a loyal friend to a small group of people, offering them support, encouragement, and true connection through whatever life brings.

Mentor – I guide a few committed individuals striving to improve their communication and leadership skills, by providing them new perspectives and exposing them to the possibilities inherent in new information and ideas.

Coach – I coach highly-motivated, growth-oriented individuals and teams using curiosity-based, open-ended questions that raise their levels of awareness, allowing them to become more intentional in their words and actions.

Speaker – I am an engaging speaker who connects with audiences small and large, near and far, by sharing my authentic self and speaking from the heart.

Author – I am a writer who shares heart-felt, real stories based on experience and curiosity-driven research, about leadership, team-building, communication, and personal growth.

Teacher – I am an enthusiastic teacher, willing to pour my wisdom, experience, knowledge, and understanding into others willing to learn and committed to their own personal growth and learning.

Provider – I am a provider, taking responsibility for providing for my family (financially, emotionally), resources for my students and clients, and a growth environment for myself.

Connector – I am a connector, putting people together who may not have met otherwise, because I see the potential for something bigger to emerge than if they didn't meet.

Strategist – I am strategic, easily seeing the “bigger picture” view of situations, and am adept at

building plans to reach the end goal.

Creator – I am creative with words, concepts, and ideas, and use these skills often to help find solutions to puzzles and problems, and develop a new sense of the world.

“PII” – I am perceptive, insightful, and intuitive, easily picking up on the words unspoken, the undertones, the missing pieces, and able to develop a fuller picture by combining what’s missing with what is obvious.

Thinker – I am reflective, often taking time to consider information, ideas, and conversations, before fully assigning meaning to them.

Achiever – I am driven to achieve and take great satisfaction in reaching my goals, especially when they are out of my comfort zone or stretch my current abilities.

Principles – What I value

Authenticity – I value being my whole self and value others who are genuine in return.

Learning – I value learning and the community created by other like-minded individuals coming together for the same purpose.

Expertise – I value development of high levels of knowledge, awareness, and skill in one’s areas of strength. (inch wide, mile deep vs. mile wide, inch deep!)

Solitude – I value having time and space to sit quietly, think, and reflect without interruption or distraction.

Integrity – I value people who demonstrate their character through congruent words and actions.

Candor – I value honest feedback, which enables one to increase self-awareness and grow.

Exploration – I value opportunities to go to new places, try new experiences, and see new things.

Challenges – I value opportunities to stretch my thinking, skills, and abilities by taking on new projects that are beyond what I have already accomplished.

Giving – I value the resources I have that enable me to add value to others and do anonymous acts of kindness.

Exchange – I value the intelligent exchange of ideas with others of a curious nature, intent upon challenging existing paradigms.

Passion – What I love

Teaching – I love the freedom and sense of rightness I have when I have the opportunity to teach others who are hungry for knowledge.

Learning – I love exposure to new information, thoughts, ideas, and concepts and knowing I am taking it all in, connecting it with other information, and am then able to share it with others.

Creating – I love creative endeavors that allow me to use my thoughts, my words, my attention to create something new.

Collaborating – I love working with other driven, creative people to create something more than any of us could do solo.

Leading – I love influencing others and adding value to them, so they are better able to influence and add value to others.

Performing – I love being near others who love what they do and experiencing the joy they exude while doing it!

Achieving – I love reaching goals.

Purpose – Why I live and work

Illumination – I shine the light that allows others to become more self-aware, see with greater clarity.

Inspiration – I move others to take the necessary actions to start their journey.

Connection – I connect individuals to themselves and to others, creating stronger, broader networks.

Reflection – I help others recognize the value of taking time out to think, reflect, and discover their inner truths.

Reduction – I help others reduce the noise in their lives that distracts them from achieving greatness.

Organization – I help others develop systems and processes that allow them to work more productively and effectively toward their goals.

Imagination – I create a comfortable, safe space in which others are able to envision the full potential of their lives.

Prioritization – I help others do the first things first.

Satisfaction – I help others define and move into their lives in a more fulfilling, satisfying way.

Process – How do I do it?

My Playbook of Productive Actions (POP – separate document)!