



DREMBANK DREAM ACADEMY: EMBRACING YOUR PURPOSE COURSE OVERVIEW | LIVE SESSIONS

SESSION I: THE TIME IS NOW: EMBRACE YOUR PURPOSE

THURSDAY, FEBRUARY 5, NOON-1 PM CT

Congratulations! You've just taken a powerful step towards your best life. In this first session, we'll define and demystify the concept of purpose, bring your core values front and center and envision the possibilities for what's next.

SESSION 2: YOUR SUPERPOWERS CAN MAKE A BIG IMPACT

THURSDAY, FEBRUARY 12, NOON-1 PM CT

When you live by your values and lean into your strengths to make a positive impact on the world and what matters most to you, you're living on purpose. In this session, we'll harness the power of prosocial behaviors to uplift yourself — and others!

SESSION 3: NAME AND ACCEPT YOUR FEARS

THURSDAY, FEBRUARY 19, NOON-1 PM CT

In this session, we're facing the fear and anxiety that comes with change head-on. Clarity of self — including your fears — is a stepping stone on the path to purposeful living. When you name and accept the stressors in your life, you can live in the light of your abilities and accomplishments!

SESSION 4: PURPOSE-BASED COMMITMENTS

THURSDAY, FEBRUARY 26, NOON-1 PM CT

Turning your purpose into daily actions means setting goals and prioritizing your time. But as we all know, that's often easier said than done. This session invites you to set aside time for what really matters by defining purposeful, meaningful goals in all areas of your life.

SESSION 5: UP NEXT: MORE ENERGY, MORE JOY

THURSDAY, MARCH 5, NOON-1 PM CT

With a completed purpose statement in hand, we'll celebrate the deep work you've done throughout this journey, answer your questions and envision the opportunities ahead.

Here's to purpose, possibilities and what's to come, dreamer!

