

INSPIRED BY THOSE PURSUING EXCELLENCE!



Photo: Soleil Lewis-Willie holding her trophy for "Rising Star Soloist 2010".

In the past week, I have watched in the neighborhood of 300 dances at the Upper Island Music Festival, twelve of which my daughter competed in. Last month, along with many of you, I watched many of the Olympic events. Although the two events sported a different level of performance and mastery, I was absolutely inspired by the athletes and the artists, all of whom dedicated hours upon hours for years and years to pursuing their passion and to pursuing excellence.

So what is so inspiring about people being in the process of creating what they are certain is most important to them?

We all have goals, dreams and deep desires we aspire to. Some of us, like the Olympians and the Dancers, put everything we have into achieving our aspirations. Others

settle for less than what they define as excellence. Many do so simply because they don't know how to get started.

Goody Niosi recently wrote an excellent article called "The Pursuit of Gold". She shared the joy she felt when our men's hockey team went into overtime to win our 14th Gold medal – a peak experience she equated to completing the Pursuit of Excellence. In her words:

When I completed the Pursuit of Excellence I felt like I did on Sunday night when we scored the winning goal. Completing the Pursuit of Excellence was the winning goal of my life. It started me on a magical path... I don't know if I would be a successful writer now and I probably wouldn't have published even one book, let alone five. I certainly wouldn't have the impossibly amazing friends I do now nor would I be living the life I used to dream of...

We can make the kind of magic Goody is talking about everyday of our lives if we choose to. As Disney said, "If you can imagine it, you can create it". One fast-track route to creating that magic is to take the Pursuit of Excellence and have people in our lives who haven't taken it, also take it. That way we build in support for staying on track once we have defined our path.

So, if, like the Olympians and the Dancers, you want to pursue your passion and your dreams, do it and do it with great coaching through the Pursuit of Excellence. By taking small steps towards excellence every day, you too will inspire others and you too will accomplish more than you ever have before.

Pam Lewis

Want to turn the heat up in your relationships? See next page for an incredible opportunity with Jim and Brenda Sorensen!

ANNUAL YOUTH PURSUIT FILLING FAST!!!



Photo from the Youth Pursuit of Excellence, Moorecroft Camp 2008



The Annual Residential Youth Pursuit of Excellence is FILLING FAST! Jeff Gaines will be flying out from New York to lead the program from July 2-4th at Moorecroft Camp, situated on gorgeous ocean-front property in Nanoose Bay on Vancouver Island.

This program is pivotal for youth, ages 15-19, who want to set a foundation to be leaders in their lives. Comments by both youth graduates and their parents indicate participants leave with increased self-confidence, enhanced communication and conflict resolution skills, a stronger ability and sense of responsibility to take charge of their lives and a new set of like-minded friends from all over BC and the Pacific Northwest.

Tuition is \$595 plus GST which includes food and lodging. The group size is limited and the program is filling fast so early registration is suggested.



Program Leaders: Brenda and Jim Sorensen

SUMMER HEAT: Turning Up The Heat In Your Relationships

Excellence Seminars International is delighted to announce that **Jim and Brenda Sorensen** will be leading “*Summer Heat: Turning up the Heat in Your Relationships*”. In working with thousands of people in the area of relationships, Jim and Brenda have concluded that we, as a culture, are hungry for relationship at a very deep level.

Attending this workshop puts you in a small yet powerful group of people committed to improving the quality of their important relationships. A guide to taking on the challenge and the responsibility of building more intimate relationships will be presented. Principles, tools and assignments directed at creating the passion, satisfaction and joy you deserve in relationships will move you to take powerful steps towards an even deeper connection with others. You will leave having had a great and entertaining experience and will have the insights and skills necessary to build your own wonderfully intimate relationships.

Jim Sorensen, Program Leader and Director of Training for Context International, consistently receives rave reviews from workshop participants from coast to coast and around the world. For many years, he and Brenda, his wife of 25 years, have teamed-up to deliver doubly powerful relationship workshops.

This workshop will take place at the Executive Plaza Hotel - Coquitlam on Friday, July 23 from 6:00 pm -10:00 pm and Saturday, July 24 from 9:00 am – 5:00 pm and is purposely designed to work with everyone who chooses to attend, regardless of their relationship status, preference or experience. Tuition is \$159 or \$139 if registered by June 15, 2010. Space is limited so register now to avoid disappointment by contacting your Service Representative:

On the Island: Claire@ExcellenceSeminars.com

In the Yukon: Lorraine@ExcellenceSeminars.com

In Vancouver: Jill@ExcellenceSeminars.com or Christina@ExcellenceSeminars.com

PUBLIC COURSE OFFERINGS: Spring + Summer Scheduling

VANCOUVER AREA

The Advancement of Excellence with Michelle Richardson in Greater Vancouver: Foundation Weekend (April 17-18) & Relationship Weekend (May 15-16) - Best Western Coquitlam Inn; Commencement (June 5) - Executive Plaza Hotel. Weekly meetings also scheduled.

The Pursuit of Excellence with Kim Nonis in Greater Vancouver will take place from April 29-May 2, 2010 at the Best Western Coquitlam Inn.

The Wall with Kim Nonis in Greater Vancouver will take place from May 27-30, 2010 at the Best Western Coquitlam Inn.

The Pursuit of Excellence with Pam Lewis in Greater Vancouver will take place from June 3-6, 2010 at the Plaza 500 Hotel.

Assisting Workshop with Christina Bianchini: The Vancouver Assisting Workshop is scheduled from 9:00 - 1:00 p.m. on Sat. May 29, 2010 at 301 Maude Road in Port Moody.

Mastery II with Carol Peringer in Greater Vancouver will take place from July 11-13, 2010 at the Best Western Coquitlam Inn.

The Wall with Carol Peringer in Greater Vancouver will take place from June 24-27, 2010 at the Best Western Coquitlam Inn.

Summer Heat: Turning Up the Heat In Your Relationships with Jim & Brenda Sorensen will take place July 23-24, 2010 at the Executive Plaza Hotel - Coquitlam.

VANCOUVER ISLAND

The Advancement of Excellence with Robyn Unwin: Foundation Weekend (May 1-2 Quality Inn Bayside), Relationship Weekend (May 29-30 Vancouver Island Conference Centre); Commencement (June 12) - Quality Inn Bayside). Weekly meetings are also scheduled.

The Pursuit of Excellence with Wanetta Beal in Parksville will take place from May 13-16, 2010 at the Quality Inn Bayside.

Assisting Workshop with Michelle Ross: The Vancouver Island Assisting Workshop takes place from 9:00 - 1:00 p.m. on Saturday, May 15, 2010 at the Ramada Inn, Nanaimo.

The Wall with Lorraine Jensen in Nanaimo will take place from June 10-13, 2010 at the Tamagawa Centre on Holdon Lake.

The Pursuit of Excellence with Wanetta Beal in Nanaimo will take place from June 17-20, 2010 at Vancouver Island Conference Centre.

The Youth Pursuit of Excellence with Jeff Gaines in Nanoose Bay will take place from July 2-4, 2010 at Moorecroft Camp.

The Wall with Lorraine Jensen in Nanaimo will take place from July 8-11, 2010 at the Tamagawa Centre on Holdon Lake.

YUKON AREA

The Pursuit of Excellence with Kim Nonis in Dawson City will take place from April 6-9, 2010 at the Tr'ondek Hwech'in Community Hall.

The Excellence Series courses and Inside Passage in Carcross will begin in the Spring of 2010.

The Wall with Lorraine Jensen in Dawson City will take place from April 27-30, 2010 at the Tr'ondek Hwech'en Community Hall.

The Excellence Series courses with the Champagne Aishihik First Nation will take place in the Spring of 2010.

The Advancement of Excellence with Nadia Wnuk in Dawson City will take place at the Tr'ondek Hwech'en Community Hall from May 12 - June 26, 2010.

The Youth Pursuit of Excellence is coming to the YUKON - Summer 2010.

Mastery I with Larry Reymore is coming to TESLIN - Summer 2010.

Mastery II with Larry Reymore is coming to TESLIN - Summer 2010.

...high impact training, unbelievable results!



A BIG WELCOME to Claire Burnett!

We are delighted to announce that Claire Burnett will be taking on the position as Service Representative for Vancouver Island, beginning May 1st. Claire is relatively new to the Island, having lived here now for three years. Mother of two delightful young adults, many of you will be reminded of someone else when you meet Claire, or more accurately, when you talk to her. Claire is the youngest sister of Lorraine Jensen and their voices are remarkably similar. At this time, we would like to thank Jill Badger-Caldwell, Christina Bianchini and Carolyn Soucie who combined forces to handle the Island after Laura Bentley left the position of Service Representative. You have all done a wonderful job and we appreciate you!

2010 UPCOMING INTRODUCTORY SESSIONS

VANCOUVER

Wed. Apr. 21	Best Western Coquitlam Inn	Coquitlam
Wed, May 12	Best Western Coquitlam Inn	Coquitlam
Tues, May 25	Best Western Coquitlam Inn	Coquitlam
Wed, June 16	Plaza 500 Hotel	Vancouver

VANCOUVER ISLAND

Wed. Apr. 21	Inn on Long Lake	Nanaimo
Wed, May 5	Inn on Long Lake	Nanaimo
Wed, May 26	Quality Inn Bayside	Parksville
Tues, June 8	Inn on Long Lake	Nanaimo
Tues, June 29	Vancouver Island Conference Centre	Nanaimo

Our Thanks to All Those Assisting Winter Programs!

The Advancement of Excellence (Vancouver) January - March 2010

Geoff Morehouse
Jeff Male
Jessica Seward
Laara Jantzen
Shelley Frey

Year of Your Dreams (Nanaimo) January 16, 2010

Andrea Schmidt
Claire Burnett
Christina Bianchini
Jill Badger-Caldwell
Lorraine Jensen
Michelle Ross
Pam Lewis

The Pursuit of Excellence (Dawson City, Yukon) January 18 - 21, 2010

Donna Johns
Jamie Sloan
Michelle Ross

The Pursuit of Excellence (Vancouver) January 21 - 24, 2010

Emilia Gaeta
Lucie Honey-Ray
Michele Dyck
Sue Johnstone
Tamara Rossander
Vic Rittinger

The Advancement of Excellence (Nanaimo) January - March 2010

Catherine Dawe
Carolyn Soucie-Merx
Greg Brunt
Marshall Cooper
Morgan Black

The Wall (Whitehorse, Yukon) January 26 - 29, 2010

Laara Jantzen
Lil Mitchell
Martina Smarch
Pat Downey-Arey

The Pursuit of Excellence (Nanaimo) January 28 - 31, 2010

Bill Baines
Darrell Weigel
Gail Baines
Patricia Good
Scott McGougan

The Pursuit of Excellence (Whitehorse, Yukon) February 2 - 5, 2010

Cheryle Patterson
Christina Bianchini
Glenna Tetlich
Jamie Sloan
Stephen Downs

The Wall (Whitehorse, Yukon) February 8 - 11, 2010

Alexandria McKenna
Cheryle Patterson
Leona Shepherd
Lil Mitchell
Rachel Franklin

The Wall (Nanaimo) February 18 - 21, 2010

Bill Baines
Brenda Beston
Carolyn Soucie-Merx
Grant Butterworth
Morgan Black

Mastery 1 (Whitehorse, Yukon) February 22 - 26, 2010

Angus Ross
David Edgeley
Lil Mitchell
Michelle Ross
Pat Downey-Arey

The Pursuit of Excellence (Vancouver) March 4 - 7, 2010

Brad Tangierd
Corrine Dixon
Michelle Deeley
Pirjo Male
Tanya Horne

The Wall (Dawson City, Yukon) March 8 - 11, 2010

Aaren Hajash
Donna Johns
Joey Smarch
Lora Teuschler

The Advancement of Excellence (Whitehorse, Yukon) March - April 2010

Christina Bianchini
Lesley Ann Hogan
Pat Downey-Arey
Sheila Downey

The Wall (Vancouver) March 11 - 14, 2010

Elaine Marthaller
Geoff Morehouse
Greg Kerrie
Karly Male

The Wall (Vancouver) March 18 - 21, 2010

Emilia Gaeta
Lara Buerge
Lesli-Ann Miele
Michele Dyck
Tamara Rossander
Vic Rittinger

The Pursuit of Excellence (Parksville) March 18 - 21, 2010

Laura Bentley
Sonora Butterfield
Mary Gallinger
Libbie Morin
Wayne Pike
Elaine Winquist

Mastery I (Vancouver) March 24 - 28, 2010

Angus Ross
Laara Jantzen
Robyn Unwin
Niki Vankerk

June 19, 2010: POETS FAMILY FUN DAY & DANCE!

The Pursuit of Excellence Training Society (POETS) is a registered charity created by graduates to make a difference in the world by supporting people facing financial challenges to take the Pursuit of Excellence.

Join POETS in making a difference in our community by participating in the POETS Family Fun Day on Saturday, June 19th at the German Cultural Hall in Nanaimo (71 Caledonia Ave) between noon and 4:00 p.m. Admission is FREE. Purchase tickets for events like the Bouncy Castle, Dunk Tank, Fish Pond, Fortune Teller, Kissing Booth and enjoy hotdogs, burgers, popcorn, cotton candy and much more.

Spend your evening with POETS too! Dance up a storm between 8:00 pm - midnight where you can participate in 50/50 draws and a silent auction. Tickets for the dance are available from Lil (250) 323-1951, Brenda (250) 248-0296, Kim (250) 751-5391, or pick them up from Stella at the Hair Chair.

A Tribute to Our Friend - Terry Burnett



Terry Burnett was a participant in the first Pursuit of Excellence I led in the Spring of 2001. Wow, he was so supportive and so present, in spite of being in significant pain most of the program. I also led the Advancement which Terry and his twin brother Ian took together. The two of them were so close. It was a treat just to be in their presence together.

After a long, stubborn, often successful battle with cancer, Terry passed away on February 8, 2010. He is missed terribly by Ian and the rest of his family and by those he inspired in his career as an artist. His kindness, caring and generous spirit live on and will be remembered forever.