

When Did You Stop Dreaming? with Julie Paton-Monk

COURSE

Reconnect with your passions, rediscover your purpose, and design a life that truly excites you.



About This Course

At some point, many of us stop dreaming. Life gets busy. Responsibilities pile up. Our aspirations fade quietly into the background. In this inspiring and practical session, Julie Paton-Monk invites you to pause, reflect, and reignite the dreams that once filled you with energy and purpose.

Through a journey of guided reflection and action-based learning, participants will explore how to overcome limiting beliefs, rekindle creativity, and create a personal roadmap for living a life filled with meaning and excitement.

This course is designed to help you shift from “someday” thinking to purposeful action, proving that it’s never too late to start dreaming again.



Learning Objectives

By the end of this course, educators will be able to:

Reconnect with Purpose:

Reflect on what truly brings joy and meaning to your life.

Identify Dormant Dreams:

Uncover aspirations and goals that may have been forgotten or dismissed.

Overcome Self-Limiting Beliefs:

Learn strategies to silence self-doubt and fear that hold you back.

Set Clear, Achievable Goals:

Develop a roadmap that translates dreams into realistic, actionable steps.

Create Sustainable Motivation:

Build habits and mindsets that keep your dreams alive, even when life gets busy.

This is more than a motivational session, it’s a structured process to help you turn possibility into purpose.



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Why This Matters for Families

Dreaming isn't just for individuals, it's a mindset that transforms entire families. By reigniting the spark of possibility, families can:

- **Encourage Shared Growth:** Support each other in pursuing personal and collective goals.
- **Strengthen Emotional Connection:** Engage in meaningful conversations about values, aspirations, and what truly matters.
- **Model Resilience:** Show children that setbacks and change are opportunities to start anew.
- **Create a Family Vision:** Develop shared experiences that align with each member's passions and dreams.

When families dream together, they grow together, building connection, courage, and collective joy.

About the Presenter

Julie Paton-Monk is a globally recognised nutrition, life, and fitness coach dedicated to helping people reignite their spark and live with purpose. After a life-changing injury ended her 14-year corporate career, Julie founded Revive Fitness & Nutrition, transforming her personal challenge into a platform for global impact.

Today, she works with clients around the world, empowering them to reconnect with their dreams and unlock their potential, physically, mentally, and emotionally. Julie's story is a living example of how courage, gratitude, and self-belief can turn adversity into a life of meaning.

Perfect For

- Individuals seeking to reignite passion and purpose in their lives.
- Families looking to inspire one another to dream big and take action.
- Educators and coaches wanting to empower others to overcome fear and self-doubt.
- Anyone ready to break free from routine and rediscover excitement in their daily life.

