



Jan Glowe-Janke

Contact Information

Hometown Brooklyn
Phone 517-592-2346
eMail janjanke@comcast.net

Biography

Jan's mission is to splash God's love and joy onto everyone. She has been a member of the Jackson [Energizers Toastmasters Club](#) since 2010. She was an educator for 26 years, and she has been a network marketer since 2001. Jan is certified as a Change Your Energy ~ Change Your Life coach. She originated and hosts a free 15-minute Splash Call every Monday morning. Jan is passionate about guiding you to discover and live your God-given purpose.

Presentations

"Know Your Why"

Subject: Personal Mission Statements
Presentation Time: 15 – 30 minutes

"There are two great days in each of our lives ~ the day we are born and the day we discover why." That "why" is our mission, our God-given purpose for this life.

Why is it so important to know your mission? Do you know yours?

"Your Power Is in 'The Gap'"

Subject: The Gap ~ Choose Your Response
Presentation Time: 20 – 40 minutes

What frustrates you? What gets your blood pressure up? What makes you want to rant and rave? We will look at real-life situations and raise your awareness about aligning your responses with your intentions. You cannot always choose what happens to you, but you can always choose your response.

"Everybody Has a Message. What's Yours? And Do You Have the Confidence to Put It Out There?"

Subject: Clarity of Purpose Leads to Confidence and Joy
Presentation Time: 45 – 60 minutes (or 2-hour workshop)

Each person is unique and extraordinary. And each person has a purpose, a mission. Being your extraordinary self, living confidently and living joyfully starts with discovering your mission. It is important to identify the fears that threaten to kill our confidence, steal our joy, and keep us from living our mission. Jan will also teach you a very powerful confidence-builder.

"Shine Your Light"

Jan gives the same presentation as above from a Christian perspective.

"Big Rocks and Pearls"

Subject: Time and Energy Management
Presentation Time: 20 – 45 minutes

Do you get to the end of a day feeling frustrated and exhausted?

This talk will help you identify your priorities ~ and put you on the path to more productivity, peace of mind, and joy.



Jan Glowe-Janke (continued)

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“Listen to Connect”

Subject: The Art of Listening
Presentation Time: 15 - 30 minutes

To truly connect with others, you must listen with your heart. We can easily identify what kills connections. Learn three essential keys to create great connections.

“Take Really Good Care of You”

Subject: Self-Care
Presentation Time: 15 minutes

You give much of yourself to others. You can't give what you don't have so it is crucial to take good care of you ~ for your health and your joy, and for those who love you.

“Life's Tough – Get a Helmet!”

Subject: Taking responsibility for our thoughts, behavior, success, joy
Presentation Time: 15 minutes

We all face challenges. And we have choices about how to respond to those challenges. Are you a victim or a victor? Hear about real-life victors.

“Loons, Laughter, and Other Sweet Stuff”

Subject: What brings joy to your soul?
Presentation Time: 10 – 20 minutes

“Your life does not consist of your possessions. It consists of the experiences you have with people you love and matters of the heart, mind and soul.” This talk is a gentle, uplifting reminder to savor your precious peeps and moments.