

# *P3 Power Boost*

MAGAZINE

<http://www.TheP3Group.com>

Issue 14  
May 2008

Personal  
Cash Flow  
Management  
for A Brighter Future

From Across the Globe...  
P3 in Zambia!

Relationships that  
Last...

*Forever!*

**Dr. Pat**  
aka "Oprah  
of the Radio!"

*A Note from God*



# Notes from the Editor:

*Jan Jensen*



I'm feeling MUCH better lately (after battling with a severe skin rash for the past YEAR!) and cleaning out piles and piles and boxes of stuff that's accumulated in the meantime. Boy, what an enlightening feeling. The living room and my office have been completely reorganized and SPACE is open for flow. It's amazing how the ideas are just purring in, now that there's space and an attitude of cooperation on my part.

What's been happening with YOUR spring? Do you have similar stories to tell our readers (and P3 Radio Show listeners) about changes in your world? We'd LOVE to hear from you!!

This issue has been slightly reorganized around our P3 Circles of Life format - Spiritual Self, Emotional Self, Physical Self. If you have an article just burning to get out of your fingers into our readers' minds, please send it ASAP to: editor@TheP3Group.com. We're always looking for new content to inspire women who are making a difference in their world, especially when it comes to mentoring young women to become good role models as future business women, community leaders, teachers and mothers!

Our cover woman, Dr. Pat Baccili, has certainly been making waves (air-waves that is!) with her inspirational and educational broadcasts going out over Voice America and other syndicated stations to the far ends of this planet. Read Dr. Pat's bio and story on pages 7-8 and tune in or call in to comment on her program or ask

questions. You can also listen to Lisa Thomas' interview with Dr. Pat in the P3 magazine cover section on the P3 website.

Saddle up your finest steed or better yet, rent a limo and share a ride with your friends to the **P3 Evening of Inspiration on Thursday, May 29** from 6-9 p.m. at the Hilton Hotel, 5624 Westpark Drive in Charlotte, NC. Featured speakers for the evening include **Diannia Baty**, author and life coach, **Deb Peterson**, personal cash flow specialist and professional image and branding consultant **Sonya Barnes**. **Lisa Thomas, Founder of The P3 Group, Inc.** will introduce the speakers after she explains the P3 Circles of Life and how each can be used to clarify your VISION, stimulate your POWER, ignite your PASSION and propel yourself into a wildly successful life on PURPOSE! This is one experience you do NOT want to miss! See pages 17-18 for details about the evening, as well as sponsorship opportunities! **Registration deadline is May 21st.** Hurry... seating is limited!

To register, call our office at 336 988 2383 or click on the following link: P3 Power Boost for Executives: <http://www.eventbrite.com/event/108464420>

**Thought for May:** *"My richness consists not in the extent of my possessions; but in the fewness of my wants."* **J. Brotherton**

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## About our Cover Girl

Dr. Pat Baccili is called "The Oprah of the Radio" by her listeners. She is an award-winning host who is blowing the doors off traditional talk radio!

The Dr. Pat Show is #1 in Seattle on KKNW 1150 AM PST, and on <http://www.VoiceAmerica.com> and <http://www.thedrpatshow.com/about.php> and she's here with Lisa Thomas talking candidly about her life and how she worked her way into talk radio.

With a very spunky upbeat presence, Lisa Thomas had the privilege of talking with Dr. Pat Baccili, an amazing woman with such passion for what she does. Powerful in her own right, you can feel the presence of her ability to deliver the perfect message that most need to hear. I clearly see why talk radio is the medium for her.

Dr. Pat shares tender moments of her childhood that explain where she gains so many pearls of wisdom that ignited her to a successful place in life. She candidly talks about losing her mother at seven years old, and finding ways to optimize these kinds of losses in life. She takes us on a journey from the mail room of a company and working her way up to an executive position, and earning her Ph.D. It's particularly fascinating because Pat shares that she was the

first to finish high school in her family

Dr. Pat is a prime example of going after your dreams and excelling to heights even she couldn't have imagined... Consciously with intention, she kept going, and without reservation kept going for more, leading her to where she is today!

Don't miss this dialogue Lisa had with Dr. Pat Baccili!

Pat shares her favorite quotes - one will clearly STOP you in your tracks for a while...

What Dr. Pat teaches are the seven steps to *busting the crust* in your life - busting the crust that keeps you from moving forward... Sit back, enjoy Lisa's interview and bring a pen and paper to jot some things down... you'll want to remember these gems...!

It's inspiring and educational!

[http://www.thep3group.com/p3\\_interviews.asp](http://www.thep3group.com/p3_interviews.asp)



## About Our Cover Girl:

# Dr. Pat Baccili



Dr. Pat Baccili helps individuals and organizations break through their limiting Crust so they can reach their unlimited potential. Her specialty is assisting people face their challenges with courage. She starts by helping them identify their limiting thoughts, actions and beliefs - the Crust that keeps them stuck. She then shows them how to break up and remove those erroneous Crust chunks so they are able to envision and manifest the life they truly want. The underlying question that Pat explores, whether in a one-on-one coaching session or with a group of senior executives, is:

## What would you do if you knew that you could not fail?

Through her dynamic, insightful and exciting radio shows, speaking engagements, seminars for small and large groups, and one-on-one sessions with clients, she helps people eliminate all of the yeah-buts, should-ifs, could-ifs and would-ifs from their thinking. She shows people how to make a contract with themselves so they can remove the word, can't, from their lives.

Pat's passion to help others

comes from her own, personal story of getting unstuck.

A native of New York City, she had worked her way up the corporate ladder until 1992 when a downsizing turned her life upside down. She knew she was at a crossroads and asked herself the question: Do I sit here and blame the company, my boss and my parents, and the general unfairness of life for my misery or do I try something else?

She chose to try something else, which put her on the path of doing the work she loves - helping people and organizations remove limiting beliefs and experience the world of unlimited potential.

Among her achievements, Dr. Pat Baccili counts championing challenging organizational initiatives for over 25 years as a consultant and senior human resource manager, including over 12 years of senior-level experience at AT&T and its subsidiary, Bellcore. There she played a key role in planning and implementing AT&T's 1982 divestiture.

As one of the first of seven Bellcore employees, Pat and her teammates experienced a once-in-a-lifetime career opportunity to start a major telecommunications business. As Director of Human Resources reporting directly to the President, she developed and managed a consolidated plan to shift the organization from a research-focused culture to one that could thrive in a competitive, applied business environment. Pat had responsibility for corporate human resources which included more than 9,000 technical employees. She also managed a trillion dollar technical budget.

As Pat tells it, in 1993 she picked herself up, packed a moving truck and drove across the country to Seattle, the place she had always wanted to live, and began to do the things that she always wanted to do. She even went back to school for her Ph.D., a

dream that she'd had since she was 23.

In 1994, Pat founded her own business, **The Organizational Consulting Group**. Today OCG is an approved vendor of organizational development and training services for the Department of Personnel for the State of Washington. As a consultant, Pat has worked in large organizations aligning business processes with new technology, facilitating cultural change, coaching executives, leaders and employees, conducting whole systems meetings to strengthen communication and clarify expectations, facilitating focus groups, analyzing internal organizational systems, and preparing needs assessments and action plans. She knows how to build collaborative relationship based on mutual trust with her clients and exceeding client expectations.

As a Life Coach, Dr. Baccili has created a unique approach that enables her clients to visualize and live the lives they desire. The approach is based on the **Seven Practices of Positive Change™**, which are the foundation of **Crust Busting**. The practices are built on the idea that we are always at choice in our lives and that the beliefs we hold either get us closer to the results we want or move us away from them.

In 2003, Pat created **Unlimited Possibilities Now, Inc.**, a corporation dedicated to providing products and services to people everywhere who dare to wonder what life would be like if they knew they could not fail. **Crust Busting** is a major component of Unlimited Possibilities Now, Inc.

Dr. Pat's passion to coach people to go after their dreams has also propelled her to radio. She hosts an internationally syndicated radio show on **VoiceAmerica.com** Tuesday mornings at 7:00 a.m. with a rebroadcast at 7:00 p.m. In addition, Pat comes to you live from Seattle and across the Internet Monday through Friday on

KKNW 1150 AM at 10:00 a.m. PST. Both shows are called **Crust-Busting™ Your Way to an Awesome Life with Dr. Pat Baccili**. She takes calls live and helps the callers get "unstuck" in all aspects of their lives.

Pat is an award winning author and researcher, acknowledged by her peers for her research on Consequences of Organizational and Leader Psychological Contract Violations, Perceptions of Justice, Emotions and Commitment. She was also one of the first organizational psychologists to identify distinct categories of organizational and managerial obligations to employees and their effect on the employment relationship and the changing nature of work.

**Education**

Ph.D., Psychology, Claremont Graduate University, 2001.  
 M.A., Psychology, Claremont Graduate University, 1997.  
 M.A., Organizational

Psychology, Columbia University, 1993.  
 B.S., Business Management, College of St. Elizabeth, 1987.

**These are just a few of Dr. Pat's awards:**

- 2007 Aspire Magazine's Aspiring Woman Award
- 2007 Most listened to show on Voice America
- 2006 The People's Choice - #1 on KKNW AM 1150 Seattle
- 2006 Host of the Year - Voice America
- 2006 Two Awards of Distinction for Live Broadcasts Talk Radio
- 2006 International Crystal Award of Excellence for Live Broadcasts
- 2006 Award of Distinction for Special Interest Talk Radio
- 2006 Ordinary People, Extraordinary Outcomes Award!
- 2005 Evvie Winner Best Progressive Radio Program
- 2005 International Crystal Award of Excellence for Live Broadcasts
- 2005 Award of Distinction for Special Interest Talk Radio

<http://TheDrPatShow.com>

Syndicated from coast to coast with at least 26 hours of radio per week. She is in your car, in your home and on the radio in Washington, Florida, Massachusetts, San Francisco and Australia with a reach of over 10 million and exploding. She has hundreds of shows in iTunes that are available for Pod Casting. She is respected by world renowned leaders and authors, many of whom have declared that Dr. Pat gives the best interview they have ever experienced.

Here are just a few comments from her peers:

"Look at you! You are all over the planet! Crusting Busting, busting the crust, I love it!" - **Dr. Wayne Dyer**

"Dr. Pat, you are EVERYWHERE!" - **Caroline Myss**

"Dr. Pat is awesome! I've never had a better interview because she really walks the talk and lives the

*principles"* - **Jack Canfield**, author of **Chicken Soup for the Soul**

"We couldn't have had more fun than doing the Dr. Pat show. She has a broad vision of what living a deeper spirituality really means... Go Pat." - **James Redfield**, author of **The Celestine Prophecy**

"This is one of the most amazing and inspiring shows... if you want to be on the edge of your seat, if you want to open your heart, if you want to expand your mind, if you want to meet incredible people, stay tuned because you are about to experience a transformational radio show that will change your life." - **Dr. John Demartini**

**The Dr. Pat Show**  
**Talk Radio to Thrive By!™**

**FREE P3 Monthly Teleconferences**

**Lisa Thomas** would like to extend a special invitation to each of you to participate in a series of P3 teleconferences.

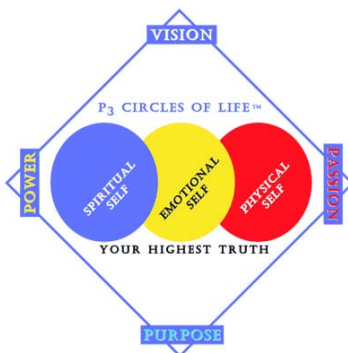
There will be a number of these types of workshops/dialogues. You do not have to participate in all of them although it would make the most difference for you if you did.

The different workshops include:

- 1. Exploring Your Vision
- 2. Life Seductions
- 3. The Power of Vision
- 4. Articulating Your Vision

- 5. Sharing your vision
- 6. Expressing your vision in the world
- 7. The P3 Circles of Life™

The workshop is at no cost to you



other than the call into our conference line AND an agreement to allow us to record the sessions and make them available to the public. The first step is to say yes to yourself and then yes to Lisa via email. Once you say yes, Lisa will send the official registration details

The next workshop is "The P3 Circles of Life on Monday, May 12th. at 7 p.m.

Please call **336-988-2383** to register or email Lisa Thomas at: **staff@thep3group.com**

Please mention the May. 12th FREE teleconference. More teleconferences to come!