

# TOWNSEND WARDLAW Coach of BEing \& Founder of The PFC Movement 


peacefreedomconnection.com


# The Coach of BEing 

Founder of the
Peace, Freedom, and Connection Movement

## Some coaches work with the DOing.

They tell you to "do this and don't do that" and "do more of this and less of that." Some coaches work with your thinking. They tell you to "think this and don't think that" or "think more of these thoughts and less of those."

Townsend Wardlaw works at the level of BEing. What is BEing? BEing is what produces our life. Coaching at the level of BEing starts with the most powerful question: How does the world occur for me? Coaching at the level of BEing produces powerful, rapid, and lasting transformation across every area of life.

Most people chase money, status, power, relationships, and possessions hoping these will bring them Peace, Freedom, and Connection. PFC is a global movement with a mission to share the truth that Peace, Freedom, and Connection are available now. They are Included With Life. The PFC movement is about sharing the message providing tools, resources, and a community for those who choose to look in the right place for what they truly desire.
\#TracksuitThursday is a weekly event that activates the mission of PFC.
Every Thursday, we put on our favorite tracksuit to remind ourselves and the world that life is the ultimate game. \#TracksuitThursday is a touchstone for those on their journey to discover how much Peace, Freedom, and Connection is available to them. \#TracksuitThursday includes live talks and workshops to guide and support the PFC Community.

## SAMPLE PODCAST TOPICS

## Relationships

- Are 10-out-of-10 Relationships Possible?
- Why Most Couples Settle for Mediocre Relationships
- Why You Should End Your Relationship Today
- Your Unfulfilling Relationship is a Choice


## Time / Busy-ness

- Busy is the "Check Engine Light" for Your Life
- How to Create 2 More Hours in Your Day
- The Case Against Longevity
- You Don't Need To Live Longer, You Need a Life Worth Living
- You're Not Too Busy, You Don't Understand Time


## Parenting

- Yes, You Are a Shitty Parent (But There's Hope)
- You are Teaching Your Child the Opposite of What You Think You Are
- Why "I'll Never Be Like My Parents" Backfires


## Manifesting

- Why Manifesting Doesn't Work
- Nobody Talks About the Law of Repulsion
- How You Create Your Limitations and Then Fight For Them


## Money

## Integrity

- Your Lack of Integrity is Why You Are Unhappy and Unfulfilled
- The Hidden Cost of Your Lack of Integrity

