

Get Fit With the Year of Engagement

Written by Kelly Anderson

Just because we're almost a month into the new year, doesn't mean it's too late to come up with a resolution or two. Having trouble finding a feasible goal? Well, the Vaughn Center's "Year of Engagement" program aims at helping you tap into what your heart really wants and identifying what your mind and body need to get there.

The program, which combines physical and mental exercises, is a series of four workshops spread out over the course of a year. The idea is that participants will be able to bypass any kind of obstacles they are experiencing and actualize whatever their goals may be, ranging anywhere from personal growth, stronger relationships, better health, to a more flourishing career. No longer should you have to "settle" after completing this program.

The first stage, taking place in February, is called the "Intention" step. Participants each seek clarity of their individual goals they hope to accomplish by the end of the year, and then establish plans of how they plan to achieve them. They then move into the "Attention" stage in May, where they work to control and engage their mental energies towards their goals. By September, in the "Transformation" stage, participants focus on the "flow" of their progress, and ensure that the plan and focus they have established are still moving forward. Finally, in December, participants are in the "Gratification" stage, where they have arrived at their destination.

"Year of Engagement" is one of many programs offered at the Vaughn Center in Scottsdale. Founder of the company, Damian Vaughn, is a former NFL player for the Cincinnati Bengals and Tampa Bay Buccaneers. After suffering a debilitating injury ending in the demise of his football career, Vaughn later studied at the Chopra Center and received his certificate as a Teacher of Primordial Sound Meditation. Vaughn also underwent training in interpersonal neurobiology from the Mindsight Institute at UCLA, as well as attended the Center of Consciousness Studies at the University of Arizona. AFM got a chance to ask Vaughn a few questions about his center and "Year of Engagement" program.

According to the Vaughn Center's website, less than 2% of the athlete population gets the chance to play their sport professionally, yet 8 out of 10 NFL players end up in depression, divorce, or bankruptcy after reaching the end of their athletic careers. The mission of this company is to help people unlock their mental and physical potential for success in not only their sports, but in all aspects of their lives.

To enroll in the "Year of Engagement" program, call (480) 262-9033, or email damian@vaughncenter.com