



DARREN L. JOHNSON

LETTING GO OF STUFF™

Author of the book "Letting Go of Stuff: Powerful Secrets To Simplify Your Life"

As a leading expert on Letting Go, Darren has also written a chapter in the book "101 Great Ways To Improve Your Life"

Darren is Available As A:

- Speaker/Trainer
- 1 on 1 Coach For Effectively Letting Go of Stuff™
- Organization Development Consultant

Speech Title: Letting Go of Stuff™

Categories: Diversity, Teams, Personal Development, Organizational Redesign

Expertise: Facilitate The Successful Transformation of Individuals and Organizations As They Apply The Proven Concepts of Letting Go of Stuff™



"You were able to motivate, inspire, and galvanize our group into an effective working team."

Beverly Bass

Executive Director

Mid-Cumberland Community Health Agency

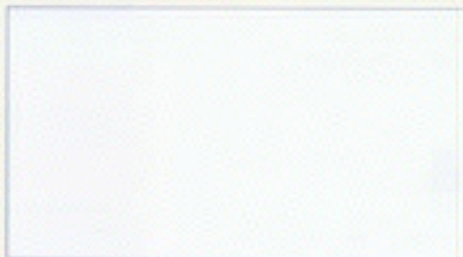
Having been referred to as the expert, coach, advisor, leader, and guru, when it comes to *Letting Go*, Darren is the person you want as your guide. A graduate of American University's Masters of Science in Organization Development (MSOD) program, he has worked with Fortune 500 companies and not-for-profits in various industries. He has over 20 years of experience and expertise to coach, train, and consult using proven methods that ultimately increase the ROI of any organization. He can guide you in the transformation of people and internal organizational systems. His philosophy is simple, "if you want to grow, you must learn to let go. Therefore, think differently, and be better."

For Individuals: Letting Go of Stuff™ means learning how to change unwanted habits, managing toxic relationships, and accomplishing personal goals by applying proven methods & concepts from Darren's book.

For Organizations: Letting Go of Stuff™ is an inside-out approach to redesigning the internal environment through the continued development of its employees and the system in which they work.

Benefits of Hiring Darren

1. Identify and eliminate pockets of negativity
2. Create top performing executives who are re-aligned with organizational goals
3. Create an environment of trust among executive & director levels, which will trickle down throughout the organization
4. Help top executives blend their personal agenda with organizational goals in a way that everyone wins
5. Keep the organization focused on what it can control vs putting energy into what it cannot control
6. Eliminate fear – increase productivity and morale
7. Learn how to change unwanted habits
8. Learn the keys to successful relationships
9. Better manage your internal conversations
10. Stay out of the pool of negativity



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"Your contribution... made the program a success. It is people like you who give others the courage to keep trying when things get hard."

Ann Simmons
Madaw Community State College

Quoted in *Essence Magazine*, May 2006
25 Ways To Achieve A Balanced Life
No. 20. Seize The Day
"Everyone has those one day I'm going to dreams," notes Darren L. Johnson...
"Replace One day I will..." with phrases that begin "Today I will..."

Featured Appearances (not inclusive)

TV

NBC WIS - News 10 Midday Columbia, SC
ABC WBMA - Good Afternoon Alabama
NBC WTM - Today In Alabama
CBS WTVF - Nashville Business Journal
ABC WHAS - Live at Noon Louisville, KY
CBS WTVF - Talk Of The Town Nashville, TN
NBC KHTV - Positively Arkansas

Radio

XM Satellite Radio ch. 169
NPR WFPL 89.3 FM
AURN Washington DC
WMC 100 FM Memphis
WTDT 54.9 LP Baton Rouge
WY2E 1460 AM Atlanta
WCLK 91.9 FM Atlanta
WJ08 97.5 FM Knoxville

Partial Client List

Baker Cascade Office Products
Col/Poly State University
Chattanooga Human Resources Association
Hills Pet Nutrition, Inc.
Kentucky HR
Memphis District Dietetic Association
Mayor's Office of Detroit
Nashville Black Chamber of Commerce
National Minority AIDS Council
RH Boyd Publishing, Inc.
Rehm Corporation - Electronic Division
Stackpole Limited, USA
Swain-Liff Iron & Metal Company
Thomas Nelson Publishers, Inc.
Tennessee State University - CARP

Find Darren On These Online Business Directories Under Business-Speakers

News Week - Atlanta
<http://newsweek.directoryinc.com>
Nashville Business Journal
<http://www.bizjournaldirectory.com>
Business Week - Miami
<http://businessweek.directoryinc.com>

Book Reviews

"*Letting Go of Stuff* is a superbly written, thorough, and inspiring guide to the wisdom required for the 'good life'..."

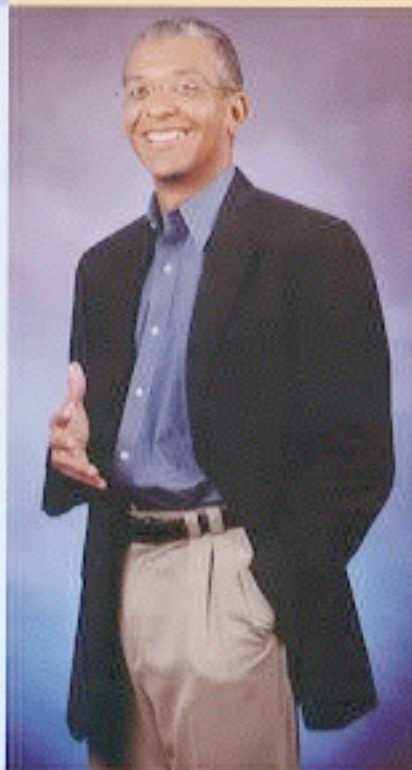
Small Press Review

(www.midwestbookreview.com)

"His how-to text includes plenty of exercises designed as kicks-in-the-butt for the very stuck... a worthwhile read. For it is written in an intelligent and engaging style..."

Kam Williams

Book Reviewer, *Philadelphia Sun*



"Darren Johnson is an architect with a different type of skill. He is not a designer of houses, but a builder of lives. His unique way of helping people to enjoy life is getting results."

Gwendolyn Baines
Tennessee Tribune



Member International Coach Federation