

Darren L Johnson's
Letting Go of Stuff®
Powerful Secrets To Simplify Your Life—On Purpose



Providing a way for every person on the planet to get unstuck
by using the process for Letting Go of Stuff® - on purpose.

Business Coach -- Author -- Speaker -- Trainer
505-340-3711

As an Albuquerque business coach, international speaker-trainer-facilitator, and personal development expert, Darren L Johnson is the nation's leading expert on effectively Letting Go of Stuff. As author of the book titled Letting Go of Stuff®, he has presented on and researched this topic since 1994. Darren has published articles on how to let go by identifying and overcoming barriers that prevent personal and professional growth.



His motto is — Think Differently, Be Better.

Albuquerque Business Coach He holds a masters in organization development from American University and has worked for such companies as Nissan USA, General Motors, and Hughes Aircraft.

Founder of National Letting Go of Stuff Day, in April 2010 he expanded his business coaching from Tennessee to New Mexico. Darren's New Mexico client list includes Bernalillo County, University of New Mexico, Employers Pro Advantage, and several small chambers of commerce. He is currently coaching several business professionals and network marketers to help grow their businesses.



As part of his business coaching process Darren takes his clients on a journey that includes identifying core values and beliefs, examining personal business philosophies, revising vision and mission statements, and creating marketing plans. All of that, and more, is packaged and fits hand in hand with his client's personal and professional goals.

At the end of the business coaching process his clients walk away with a tangible living document that will allow them to take step-by-step daily action toward the fulfillment of their goals.

He also uses his book, Letting Go of Stuff® as the foundational component for his business and personal development coaching.

Experience Darren's blog - www.LettingGoCafe.com.

Darren's professional website - www.DarrenLJohnson.com

Darren L Johnson's

Letting Go of Stuff®

Powerful Secrets To Simplify Your Life—On Purpose



DEVELOPING THE ART OF... LETTING GO OF STUFF®

By Darren L. Johnson

Have you ever lain awake at two o'clock in the morning, feeling stressed and overwhelmed because your goals are not being accomplished? Do you constantly remind yourself of past mistakes? We have all experienced being stuck in a rut, even when we are doing all the right activities to keep us moving forward. What is the "stuff" that keeps us stuck?

"Stuff" is the unspecified, intangible, often negative thoughts we introduce into our minds through our words, thoughts, or some other outside stimulation. Examples are when one dwells on the past, holds on to anger for extended periods, or persists in worrying about physical health at age 50 while one is still 35. Based on research I have done, 92% of the "stuff" we worry about has either happened in the past or may never happen. The core of this "stuff" rests in our internal dialog.

Jim Rohn said, "You don't get in life what you want, you get in life what you are." We are the sum of our thoughts. When we don't focus our thoughts effectively, they can become scattered and fixated on "stuff" that can lead to negative notions, toxic relationships, and fear of taking risks. What can one do to begin... Letting Go of Stuff®?

Forgiveness allows you to be able to move from a place of pain and suffering to one of peace and harmony.

Now that you know where to begin to develop the art of letting go of stuff, I challenge you to get started today. Think differently and be better.



One of seven steps in developing the art of letting go of stuff is to acknowledge that you have "stuff." Acknowledgment leads to acceptance and acceptance can lead to conscious change. In 1992, after the death of my Mom, I was distraught, angry, and frustrated over why she died at such a young age. For a long while this "stuff" interfered with my ability to be effective on the job, in my relationships, and in better understanding myself. Once I took inventory of my internal dialog and acknowledged my feelings, I was able to begin letting go of the notion that she was gone too soon.

Taking inventory of and acknowledging what you want to let go will help you to bring about acceptance of the "stuff" in your life. To accept our "stuff" we must be willing to do something else that is critical—forgive. Forgiveness is what lies between acknowledging and accepting the "stuff" in your life.

The most important person to forgive is your self. Once you have forgiven yourself, it's easier to continue the process of getting unstuck.



About the Letting Go Pro:

Darren L. Johnson is an author, speaker, and organization development consultant.

Website: www.DarrenLJohnson.com Email: Darren@LettingGoPro.com

Darren L Johnson's Letting Go of Stuff®

Powerful Secrets To Simplify Your Life—On Purpose



Diversity Business Marketplace 2007

Nashville Convention Center

Nashville, Tennessee • March 27th

MORNING SCHEDULE OF EVENTS

MORNING SESSION	EVENT	LOCATION
7:00 a.m. - 4:45 p.m.	Registration Check-In	Level 1
7:15 a.m. - 8:00 a.m.	Continental Breakfast - Motivational Speaker Darren L. Johnson Author & President: InsideOut Learning, Inc.	Level 1

MOTIVATIONAL SPEAKER



Darren L. Johnson **Author and President:** **InsideOut Learning, Inc.**

Darren L. Johnson is an international speaker, organization development consultant, and author of the book titled Letting Go of Stuff: Powerful Secrets To Simplify Your Life. He also offers personal coaching to those who want to learn how to effectively let go. He has over 20 years of combined managing, consulting, coaching, training, and speaking experience. His specific areas of expertise are in team development, diversity, total system redesign, and personal coaching. A graduate of American University's Masters of Science in Organization Development (MSOD) program, Darren has worked as an independent organization development consultant since 1994. His client list includes Rohm Corporation, Rotary International, Thomas Nelson Publishing, and the National Minority AIDS Council.

Darren is author of the Letting Go of Stuff™ series, which includes a CD and book. The series first came on the scene in 1998 with his audio book titled, "The Art of Letting Go of Stuff." The written book was published on July 12, 2005 and is titled, "Letting Go of Stuff: Powerful Secrets To Simplify Your Life." The book uses theory on change, various philosophies, and his personal life experiences to teach a seven-step process for managing negative thoughts, toxic relationships, and for changing unwanted habits.

Categories of Expertise

Strategic Planning; Trainer; Professional Speaker; Author of Letting Go of Stuff®; Business Coach

Industries include: non-profit, education, manufacturing, state/local government, healthcare, sales

Overview of Track Record

Training (not inclusive)

Bernalillo County, New Mexico	Letting Go of Stuff®	54 employees
Various clients (see client list)	Letting Go of Stuff®	279 seminars = 9754 participants
Nissan USA	Team Development	1500+ employees
Nissan USA	Involvement Circles (TQM)	250+ employees
Nissan USA	Supervisor Training	1000+ supervisors
Hughes Aircraft	Statistical Process Control	850+ employees
State of Tennessee (various depts)	Time Management	750+ employees
Thomas Nelson Publishing	Diversity	1265 employees
Nashville State Technical College	Diversity	82 employees
State of Tennessee (statewide initiative)	Diversity	1000+ employees statewide
National Seminars Group	Handling Difficult People	29 seminars

Business Coaching / Strategic Planning (not inclusive)

Employer Pro Advantage, Inc.	Business Coaching/Strategic Planning	Work with owners
AA Chamber of New Mexico	Business Coaching/501(c)(3) status	Work with Executive Director
Nat'l Minority AIDS Council	Deputy Director	18 month contract
Nashville Black Chamber, TN	Business Coaching/System Redesign	24 month contract
Southwest Community Health	Strategic Planning/Business Coaching	10 month contract

Designed Courses / Taught

Letting Go of Stuff® For Employee Development

Letting Go of Stuff® 9 Week Home Study Course (online)

Nashville State Tech, - Nashville, TN Summer Schedule 2002; Letting Go of Stuff®, designed and taught by Darren L. Johnson, Category – Business; CEU credits: 0.5

Brief Summary

Facilitates the development of mission statements & long-term strategic plans for boards and executive levels. Provides private one on one personal/business development coaching with business owners, executive levels and managers, in private and public sectors. Lived in Japan functioning as a liaison for US managers, teaching methods of Total Quality Management (TQM).

Education

May 2004 – M.S. in Organization Development - American University, Washington, DC

May 1984 - B.B.A. Tennessee State University, Nashville, TN

Board Memberships

April 2007 – present	Tennessee State University College of Business - Advisory Board
January 2005 – present	InsideOut Learning, Inc., Nashville, TN, Chairman
September 2009 – Jan. 2011	National Speakers Association of New Mexico
June 2005 – January 2008	Health Education Resource Organization, Inc, Baltimore, MD

Publications

Johnson, Darren L., (November 2010 - present) Expert writer for Examiner.com
<http://www.examiner.com/business-development-6-in-albuquerque/darren-l-johnson>

Johnson, Darren L., (December 2009 – present) Expert Writer for Ezine.com
http://ezinearticles.com/?expert=Darren_L_Johnson

Johnson, Darren L., (July 2009 – present) Expert Writer for Searchwarp.com
<http://searchwarp.com/Author195813.htm>

Johnson, Darren L. (May 2006) 101 Great Ways To Improve Your Life [ISBN 0974567264]
Marlboro, NJ: Self Improvement Online, Inc. (contributing author)

Johnson, Darren L. (July 2005) Letting Go of Stuff: Powerful Secrets To Simplify Your Life
[ISBN 0965230724] Nashville, TN: InsideOut Learning, Inc.

Johnson, Darren L. (January 1996) Seven Secrets In The Art of Letting Go of Stuff, article on
internet, <http://www.selfgrowth.com/articles/Johnson2.html>

Johnson, Darren L. (October 1994), The Challenging Handicap of Life, Motivational Corner,
Tennessee Tribune Newspaper.

Johnson, Darren L. (September 1994), Making A Positive Change, Motivational Corner,
Tennessee Tribune Newspaper.

Johnson, Darren L. (November 1994), Letting Go When You Have No Control, Motivational
Corner, Tennessee Tribune Newspaper.

Johnson, Darren L. (July 1994), Motivational Corner, Tennessee Tribune Newspaper.

Video/Audio Publications

Johnson, Darren L. (November 1998). The Art Of Letting Go Of Stuff, book on cassette/CD
[ISBN 0965230732], Nashville, TN: InsideOut Learning, Inc.

Johnson, Darren L. (1997-2002) Host/Producer, "the InsideOut Learning show". WFSK 88.1FM
Radio, Fisk University, Nashville, TN

Johnson, Darren L. (October 1995). Letting Go of Stuff, single cassette tape, Brentwood, TN;
InsideOut Learning, Inc.

Johnson, Darren L. (June 1995). Letting Go of Stuff, video program, Brentwood, TN; InsideOut
Learning, Inc.

PO Box 1730

Freda T. McKeown PhD, LPCC

505-340-6585

Corrales, NM 87048

February 11, 2011

Darren L. Johnson
InsideOut Learning, Inc.
PO Box 20771
Albuquerque, NM 87154

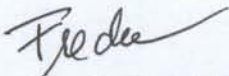
Dear Darren,

I have so appreciated our work together and wanted you to know how our work together is also helping my clients.

One of the men I'm working with was referred by Child Protective Services because his children were removed from the home. With a history of alcohol dependence and anger management issues, he spent the past six months in a treatment center working on those issues and has made some significant changes in his life. Currently he is deciding whether or not to continue with his substance abusing wife. I gave him a copy of one of your quotes--the one that starts "It takes courage..." (I have it in large type as a full page poster on my wall.) I told him what he was doing was courageous and gave him the quote. He teared up and asked twice if the copy was for him.

Thank you for your continued support as I build my business and for your depth of thought and care.

Warmly,



Freda T. McKeown, PhD, LPCC

email: Freda@FredaMcKeown.com

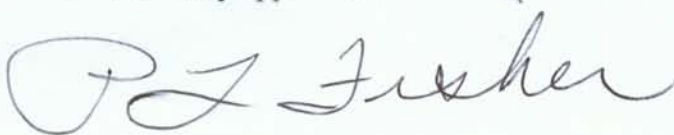
Darren L. Johnson
InsideOut Learning, Inc.
PO Box 20771
Albuquerque, NM 87154

Dear Darren,

Central New Mexico Community College (CNM) is grateful to you for presenting "Letting Go of Stuff" on April 6th, 2011. CNM is experiencing many significant changes this year; over 100 individuals are retiring from the college this year. The message and stories you conveyed of "Letting Go of Stuff" was indeed timely. Many individuals are moving on without having taken the time to review their wants, needs and planning for their futures. I know your message touched the hearts and minds of many.

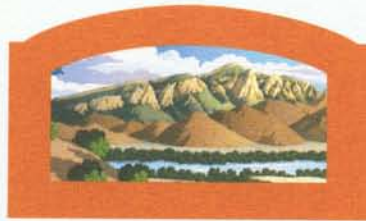
You are a charismatic, intelligent, and genuine individual. It was an honor having you speak at CNM, addressing our faculty and staff.

You are truly appreciated.

A handwritten signature in black ink that reads "Paula Fisher". The signature is fluid and cursive, with a large initial "P" and "F".

Paula Fisher
Associate Dean
Central New Mexico Community College (CNM)
Albuquerque, NM





La Tierra
PROPERTIES
N.M.

You're home.

February 25, 2011

Darren L. Johnson
InsideOut Learning, Inc.
PO Box 20771
Albuquerque NM 87154

Dear Darren,

Thank you so much for presenting both your "Letting Go of Stuff" and "Diversity" programs to our Women's Council of REALTORS® membership and guests. What a great way to begin a new year!

Both of your programs were very much enjoyed by the group. I have received many comments about your presentation that I just had to share with you. Some members said it was one of the best presentations they have seen, that the material and exercises were very thought provoking and insightful. And others really appreciated and connected with the way your message was delivered by you sharing your life stories. Your challenges brought to light solutions to confront challenges currently being experienced by some of our members. You certainly made a positive impact!

As for my personal experience, I too really enjoyed hearing your life experiences and how you used those experiences to not only turn your life in a new direction, but to share and help others transform their lives. I really connected with the remote control analogy. Too many times we let others control our actions by giving them our remote control, pushing our buttons how they see fit. I have certainly become more aware of who has my remote in hand!

I wish you the best as you continue to grow your business coaching and "Letting Go of Stuff" clientele here in New Mexico. If you ever need a recommendation, you can count on me. As a matter of fact, this letter can be used in any way you see fit, for marketing to other groups or companies. Please know I will be talking you up to every group I encounter!

Warmest regards,

Carolyn Vatuone

Carolyn Vatuone
2011 President, Women's Council of REALTORS®
Albuquerque Chapter



Darren L. Johnson
InsideOut Learning, Inc.
5850 Eubank Blvd., NE
Suite B49, #108
Albuquerque, NM 87111

July 31, 2010

Dear Mr. Johnson:

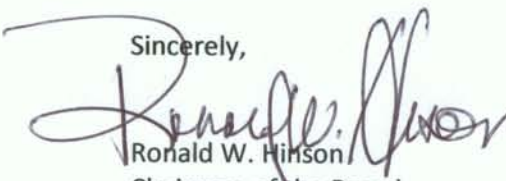
I would like to thank you for the expedient, effective and professional work you have done while consulting for our organization. Through your consultation, we were able to quickly and seamlessly conclude our efforts to obtain 501 (c)(3) status for our Community Improvement Foundation.

During our first meeting, you set a deadline of July 31, 2010, for us to complete the process of obtaining the 501 (c)(3) status for our foundation. Thanks to your consulting efforts in working directly with the IRS on our behalf, we were able to beat that deadline by one week. I am happy to refer you to our membership and business associates.

You have shown me that your ethical standards, along with a keen knowledge of business and organizational development are standard business practices for you and your company. For that, we owe you and your company, a great debt of gratitude.

Thanks again for your consulting services. We look forward to a long and successful relationship as your client.

Sincerely,



Ronald W. Hinson

Chairman of the Board

African American Chamber of Commerce NM, Inc.

PO Box 8920, Albuquerque, NM 87198

505-243-3949/ cell: 505-410-3319; fax: 505-243-1504

join@aaccnm.com / www.aaccnm.com

P.O. Box 8920 • Albuquerque, NM 87198



PAYROLL SERVICES
HR CONSULTING
PROFESSIONAL BOOKKEEPING
BUSINESS INSURANCE MANAGEMENT

Dear Darren,

We hired you as our business coach in October 2010. At that time we were challenged with a variety of issues brought on by our industry, including how to adjust our strategic plans to accommodate the economic industry shift in which we were involved.

With your assistance as our coach, you were able to successfully guide us along the path to a more clear vision. Among the many items of value you offered were the development of a strategic day-to-day roadmap. That has been an enormous value to our business. You were also able to coach us through some sensitive communication issues, and helped us with letting go of some internal office dynamics that were impeding our ability to create a stronger infrastructure.

You also did a great job of facilitating us through the process that led to newly designed vision and mission statements. The new statements resonate directly with the passion, beliefs, and purpose of our company.

Your skill as a coach has helped us to see more clearly along our strategic path to success; for that I am grateful to you.

I recommend you (and have done so) for those companies and individuals seeking a business coach with high ethics, a passion for helping others, who lives by his philosophy, and is knowledgeable about the strategic aspects of business.

Best regards,

A handwritten signature in black ink, appearing to read "Gwen Lewis", is written over a horizontal line.

Gwen Lewis, CEO/Founder
Not Just Payroll



STATE OF TENNESSEE
DEPARTMENT OF LABOR AND WORKFORCE DEVELOPMENT

Andrew Johnson Tower
710 James Robertson Parkway, 8th Floor
Nashville, TN 37243-0655
(615) 741-6642

JAMES G. NEELEY
COMMISSIONER

ARTHUR E. FRANKLIN, JR.
ADMINISTRATOR

January 11, 2007

InsideOut Learning, Inc.
P.O. Box 281048
Nashville, TN 37228

To Whom It May Concern:

Please allow me to introduce myself. I am Arthur E. Franklin, Jr., Administrator for the Divisions of Boilers and Elevators; Mine Safety; Labor Research and Statistics; and Labor Standards with the Tennessee Department of Labor and Workforce Development. If you are seeking a different style of self-empowerment or a diverse approach to team-building for your employees, I would highly recommend Mr. Darren L. Johnson. Mr. Johnson is a published author, organization development consultant and one-on-one personal coach.

In December 2006 at our Year-end Training and Planning Meeting, my divisions were in training to reflect on issues of the year ending and making preparations for the upcoming year. Mr. Johnson presented "*Letting Go of Stuff*" to approximately 135 employees of the above mentioned divisions and other invited guests from the Tennessee Departments of Labor and Workforce Development, Education and Personnel.

The presentation offers the listener alternative solutions to rid oneself of lingering matters of unnecessary proportions and provides one with thought provoking suggestions for self improvement.

A total of 135 copies of Mr. Johnson's book "*Letting Go of Stuff - Powerful Secrets To Simplify Your Life*" allowing each individual attending the training session to receive his/her own copy of this dynamic self-help book. An additional 25 copies of the book were purchased by another division within the Department of Labor and Workforce as a result of the successful presentation.

To quote Mr. Johnson, "Knowing how to let go is one major key to success."

Sincerely,

A handwritten signature in cursive script that reads "Arthur E. Franklin, Jr.".

Arthur E. Franklin, Jr.
AEF:chs

Attachments: (1)



National Extension Leadership Development Program

Tennessee State University • 3500 John A. Merritt Blvd. • P.O. Box 9635
Nashville, TN 37209-1561 • Phone (615) 963-2294 • FAX (615) 963-5833

National Office

June 30, 2004

Mr. Darren Johnson
InsideOut Learning
P.O. Box 1205
Brentwood, Tennessee 37027

Dear Darren:

Thank you for the excellent contribution you have provided to the National Extension Leadership Development Program (NELD) during the past three years. You have been both an asset and an inspiration to the team and to the classes.

We appreciate your work as a member of the NELD Management Team. You have helped to shape the activities and events of the five seminars that each class experiences. You have worked diligently and progressively toward the goals we laid out for the program. Your enthusiasm and interpersonal strength have helped us to maintain unity and focus throughout the process.

As the facilitator for the sessions on "Assessing Leadership, Letting Go of Stuff and Discovering Diversity," you have presented a model of leadership excellence and scholarly achievement. I am certain that the NELD interns have been impacted as much by your attitude as they have by the constant knowledge that you shared.

We are beginning our last year of the NELD 'journey'; Class IX will be completing its last seminar in June 2005. I know that your final contributions will be as positive and impacting as the first. I hope that your final assessment will be that you gave so much to a very worthy and lasting cause. Thank you again.

Darren, I look forward to working with you on other great ventures. Good luck in all that you do, for I know that you will do it well.

Sincerely,

Brenda M. Hunter
Director



THOMAS NELSON

501 Nelson Place, P.O. Box 141000, Nashville, TN 37214-1000

September 10, 2001

RE: Darren Johnson

To Whom It May Concern:

It is my pleasure to share with you information regarding Darren Johnson. Darren worked with Thomas Nelson, Inc., as a consultant during portions of 2000. He worked with our company to develop and implement a communications initiative involving diversity in our workplace. We found his role in this effort to be invaluable.

Darren was able to quickly identify many challenges our company faced in this area, and to see beyond the obvious, allowing him to craft a message that was uniquely appropriate for our situation. He provided wise counsel to our staff. He is one of the most gifted trainers I have observed - able to deliver a strong message to our executive management team, only to later foster a solid connection with workers down to the entry level.

Darren brings talent, enthusiasm, and practical business experience to the table. He is professional in every sense of the word. He has much to contribute, and I am sure he will continue to be a valued resource in the corporate world.

Sincerely,

Carol T. West
Asst. Director, Human Resources

(615) 902-1754. cwest@thomasnelson.com