

FAQ's Holly Hatcher-Shamir and Terri Stark, owners of One Heart Connection and authors of *The Quantum Olympics*

Q: What is the mission behind One Heart Connection?

A: Our mission is to:

- Educate clients on how to look at their life through a wholistic lens and understand that what they do in one part of their life impacts the whole of their life
- Help clients develop a quantum understanding of the sacredness of life and the oneness of all beings, the earth, and the universe
- Champion clients to live deliberately by making conscious choices, and taking responsibility for their life force
- Facilitate clients in implementing positive changes and the self-actualization of their dreams and goals.

Q: What are the benefits of living a more wholistic life?

A: As you learn to take conscious action, the experience you gain is a greater understanding of the connection between the physical, mental, emotional, and spiritual effects on the whole of your life.

Q: What does it mean to live as a W(holy) Being?

A: As a W(holy) Being, you want to do more than just go through the motions of life. You are grateful for life: you know who you are, what you want, and are willing to work for what you want. You live deliberately and take responsibility for your life force with a quantum understanding of the sacredness of life and the oneness of all Beings, the Earth, and the Universe.

Q: Why did you form One Heart Connection?

A: The consistent thread the two of us notice throughout our lives and practices is a yearning from the souls of humanity to know what defines them, to know how to improve their lives, and to consciously participate toward making the world a better place. We decided to collaborate our professional expertise to create a wholistic model for living and improving performance. The first step we took was writing a book, *The Quantum Olympics*, which was a compilation of over two decades of our experiences teaching clients to grab onto their lives, look at life through a wholistic lens, and embrace the divine connection that all of life is intertwined and sacred.

Q: What is the meaning behind the name "One Heart Connection"?

A: We sense the energy of the universe interconnected as *One Heart* beating with one heartbeat.

Q: What kind of services do you provide at One Heart Connection?

A: We provide individual consultations, group trainings, and we are available for speaking engagements.

Q: Who do you work with?

A: We work with individual clients, businesses, academic institutions, athletic teams, and community organizations.

Q: What do people learn in your workshops?

A: Workshop attendees learn how to decode the mystery of their human architecture, articulate and write down their personal goals, and design a plan that uses our Quantum Olympics Performance Model to wholistically raise the physical, mental, emotional, and spiritual level of personal performance in their day-to-day lives.

Q: What kind of topics do you speak on?

A: We speak on a variety of topics, including:

- How to decode the Mystery of Your Human Architecture by uncovering the layers of your belief systems and inner and outer influences
- How to build a Wholistic Health Practice Portfolio that feeds your happiness in being you on a physical, mental, emotional, and spiritual level
- How to connect to Your Inner Intelligence to cultivate a relationship that you can draw upon as an inner resource
- Understanding technology's influence and impact on your wholistic well-being
- How to design Your Performance Model: a personal nine-step plan that integrates your individualized expression, dreams, and goals into the day-to-day action of your life

Q: Can I hire you to speak at my company/event/school?

A: Yes! All of our speaking engagements are customized to the audience and how we may best serve and support them.

Q: Can you do private workshops for my company/group/school?

A: Definitely! We will meet with you to discuss your goals and begin customizing your private workshop or program.

Q: Tell us about your book *The Quantum Olympics*.

A: *The Quantum Olympics* is a forward-thinking book that educates readers on what it means to be human in the 21st century. It teaches readers how to design a plan to transform personal performance and make conscious life choices.

Q: Why did you write *The Quantum Olympics*? A: We are dedicated to the development of the human spirit and advocates for unlimited human potential. We wanted to create a platform to teach our wholistic model for living in the 21st Century.

Q: How did you come up the title, *The Quantum Olympics*?

A: While attending the 2004 Summer Olympics, in Athens, the gold medaling of a track-and-field athlete awakened the Olympian inside of Holly. She took a quantum leap after this experience that elevated her understanding of the oneness of the universe. It was then that she realized we all have an individual venue of performance in life as Quantum Olympians participating in the Quantum Olympics.

Q: Where can I get a copy of *The Quantum Olympics*?

A: For print go to: oneheartconnection.com and <http://amzn.to/QuantumOlympics>. It is also available as an e-book on the Kindle, iPad, and Nook.