

December 2, 2008

Firewalk Participant Wins The Coveted “Saddle” In Professional Team Roping Competition.

Stephanie Sullivan, Professional Rodeo Team Roper, Barrel Racer and Break Away Roper, Wins Saddle; Credits her Fire Power Seminars (FPS) Empowerment Firewalk Seminar Experience.

November 16, 2008, Indiantown FL, 4L Arena – Stephanie Sullivan became the overall Combined Women’s and Men’s 2008 Heading Champion of Saddle Series Roping at the 4L arena. She credits her career-best performance to the personal power she felt after participating in an Empowerment Seminar with Fire Power Seminars on November 15.

Firewalking Leads to Rodeo Championship

Sullivan has been competing in professional team roping for over four years and has achieved success, but not at the level she desired. She is in top physical condition, but she decided that was not enough. So the evening prior to her November 16 competition, Sullivan participated in a half- day Empowerment Firewalking Seminar given by Fire Power Seminars, and was able to make the mental breakthrough to win the overall division for both women and men.

Sullivan said, “I practice every day. I knew I had the physical skills to win the Saddle and that it was my self-confidence that needed help. In the past, I would talk myself out of winning the top award. When I came home from the FPS Empowerment Seminar and succeeded at Firewalking, I told my parents that I was going to win the saddle. I didn’t think it; I knew it.”

“The day of the competition, with one event left, I found myself in third place. This meant that I would have to score 7 points higher in the next round than the 1st and 2nd place competitors. Some doubted me, but I knew I could do it. I reminded myself that I walked on fire and can do anything. I won the last roping by a landslide. I hadn’t been successful in winning a saddle until after I walked on fire! My next goal is to win a truck!”

Fire Power Seminars founder and President Connie Phelan said, “We were very pleased to have Stephanie as one of our seminar participants. As a professional rodeo athlete, she was a first for us as well. Stephanie was looking to empower herself and break through her performance barriers. She participated in our mental and physical activities, and gained the confidence she needed to overcome her self-doubt to achieve peak performance. Helping others achieve their dreams is what keeps us going at Fire Power Seminars.”

About Fire Power Seminars

Fire Power Seminars was founded in 2006 to partner with individuals, organizations and companies who realize that their employees are their greatest assets. They strive to build long-term relationships with clients by providing high-impact seminars and trainings that are designed to help attain and maintain extraordinary levels of performance.

Fire Power Seminars offers various high-impact corporate and youth seminars tailored to fit the client’s unique needs, tapping into the full potential of the individual to maximize group’s success. Whether it’s team building, improving communication, increasing sales, or empowering employees, clients will experience an outrageous seminar like no other. These high-powered seminars are stimulating, empowering and motivating. The exciting and experiential seminars enable participants to surpass what they believe is possible, enabling them to reach new levels of success.

About Stephanie Sullivan

Stephanie Sullivan was raised with horses in South Florida and even received a horse as a gift on the day she was born, although she did not ride him until she was three. She began team roping at the age of 10. She currently participates in the Professional Rodeo Cowboy Association, and competes in team roping and barrel racing. To learn more about Rodeo Roping visit www.prorodeo.com.

Contact:

Fire Power Seminars

Karen E. Pfeffer 954.232.4486

karen@firepowerseminars.com