



## Personal Development Workshops And Seminars

### **S.T.R.E.S.S. - Strategies To Reduce Everyday Stress Situations**

Tired? Worn out? Lacking energy and patience to deal with day to day events? Stress comes in many shapes and sizes. When left on its own it can wreak havoc in our lives, causing turmoil and sickness. This workshop will focus on the factors that contribute to everyday stress and how we can minimize the negative impact those factors have on our lives.

### **As I Believe, So I Am**

Take a step beyond the power of positive thinking to the magic of choice and create the life you desire. This workshop will examine our current beliefs about ourselves, our families, and our work and how those beliefs influence our experiences. Participants are invited to join in a journey which explores those beliefs that may limit or prevent us from reaching our full potential.

### **Creating Balance In Our Lives**

Feeling overwhelmed - like your world is going in a hundred different directions, at the speed of light? This workshop will provide participants with the opportunity to evaluate their current situations, develop strategies to create more balance in their lives, and ultimately enhance the quality of everyday experiences, health and overall wellness.

### **Me, The Unfinished Masterpiece**

Have you ever thought of yourself as a masterpiece; a unique, extraordinary, original art form; a gift to the world? With each experience we add to the colour and beauty of our masterpiece. Day to day, moment by moment we are provided opportunities to let our unique gifts and talents shine. This workshop will assist you in reconnecting to the powerful magic that lies within, so that you can be the masterpiece you were always meant to be.

### **I Dare You..... To Dream, Discover, Design and Deliver!**

See the possible in the impossible dream and discover strategies to design with clear intent for a delivery that packs a punch. This interactive session will inspire participants to see past the perceived "dumpsters" of our dreams and embrace the capacities of our collective wisdom. Let the light of your dreams become the illuminated path to success both personally and professionally.



## About Your Trainer

With twenty-four years of experience working with organizations, groups and individuals, our instructor brings to life the magic of an inspired spirit through organizational training and development. As a Motivational Speaker, Corporate Trainer and Executive and Whole Life Coach, she finds extraordinary in the ordinary. Her energy, passion and charisma stem from a core belief that we create our own reality both personally and in business.

As a Speaker and Coach, her work is her life's work - empowering others to empower themselves, and be their very best. She accomplishes this through the provision of consulting services, workshops and seminars which focus on the development of an organizations greatest asset, its people.

Feedback provided from previous clients:

- Full of energy, seems to be really inspired and motivated, truly believes “this” works. Shows throughout. Thank you for the great ideas.
- Excellent presentation and extremely knowledgeable in addition to being well prepared.
- Instructor was fabulous, great energy, great examples, added humour and great ideas to implement what we learned.
- I like your direct, anecdotal approach. It kept me entertained and eager to learn more.
- This was terrific. Very professional, very useful and very real. I really enjoyed it.
- Enthusiastic about the topic and wanting to pass it along to people. You want to make a difference - I think you are. Great job!  
Thank you.

## Continuing Education

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