



Shifting Minds: Rising Above with Resilience!

1-Day Personal and Professional Development Workshop

Cost : \$235

Friday, February 16th, 2018
8:30 a.m. to 4:30 p.m.
Saint Paul University, room L228
Ottawa, ON
Register Now!

Contact:
lleblanc@mthorpe.com
Call 705-358-0551

Workshop hosted by:
M. Thorpe & Associates

Thought Leaders:
Matt Thorpe, Professional Mediator
& Lise Leblanc,
Registered Psychotherapist



To view full bio, visit us at:
www.mthorpe.com

Shifting Minds: Rising Above with Resilience!

This workshop focuses on wellness, resilience and supporting healthy attitudes and behaviours in the workplace, as well as in all areas of one's life. It engages participants to take responsibility for their own wellbeing by calling upon them to take an honest look at how they are showing up in their environments and relationships, and to consider whether this is truly working for them. Our approach is challenging and powerful with quick results. Participants leave this workshop with a whole new awareness of themselves and a commitment to standing in their own integrity. So if you're looking for the ultimate professional development experience, then take this opportunity to learn how to create wellness and resilience in the world you are living in!

This seminar will help you:

- Take charge of your own wellness and avoid burnout
- Find out how you're contributing to your own stress
- Discard negativity, gossip and shift away from unhealthy thoughts, perceptions and behaviors
- Develop a profound self-awareness
- Maximize your talents and enhance overall wellbeing
- Reflect on what's working and not working in your life

This seminar provides opportunity for group discussion, personal reflection and an advanced level of support and strategies. With registration, you will also receive the **Shifting Minds** PFF book full of practical information and specific tools to transform your life.

Participants will also receive a certificate of completion for 7 hours of Reflective Practice.



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Registration—Ottawa

Fill out registration form and send to: lleblanc@mthorpe.com,
or by regular mail: Attn: Lise Leblanc
14 Cedar Grove Drive, Sturgeon Falls, ON P2B3H3

Full Name:
Full Address:
Organization:
Phone Number:
Email Address:



Cost: \$235.00/person (\$200.00/person when registering as a group of 2 or more)

Method of Payment: Cheque Enclosed Payment by credit card Payment by e-transfer

Please make cheque payable to: M. Thorpe & Associates

For e-transfers, send to: mthorpe@mthorpe.com

For secure credit card payment, contact Lise Leblanc at 705-358-0551

A confirmation email will be sent to you and receipts will be provided at the seminar.

Refreshments will be provided, however lunch is not included.

Venue Information: Saint-Paul University, 223 Main Street, Ottawa, ON K1S1C4

Cancellation Policy: Cancellations received up to February 2nd, 2018 will be refunded. We regret no refunds for registration fees can be provided after that date, however substitutions are acceptable without prior notice.

For more information, contact Lise Leblanc at: lleblanc@mthorpe.com or 705-358-0551