



Shifting Minds: Rising Above with Resilience!

Shifting Minds: 1-Day Personal and Professional Development Workshop

Cost : \$215 (lunch included)

Thursday, March 1, 2018
9 a.m. to 4 p.m.

Comfort Inn, Sturgeon Falls, ON

[Register Now!](#)

Contact:

lleblanc@mthorpe.com

Call 705-358-0551

Workshop hosted by:
M. Thorpe & Associates

Workshop facilitated by:
Matt Thorpe & Lise Leblanc



Come visit us at:
www.mthorpe.com

If you are looking for the ultimate personal and professional development experience, then take this opportunity to learn how to create wellness and resilience in the world you are living in. This learning experience will create fulfillment from the inside out and lead you to a mental-emotional place you've never been before. Our approach is challenging and powerful with quick results because it shifts participants to honestly reflect on their own unproductive thoughts, perceptions and behaviors and to look at how they are showing up (or not showing up) in their lives, both personally and professionally. **Shifting Minds** encourages participants to start standing in their own integrity, set goals and provides them with the tools and motivation to reach their goals.

This seminar will help you:

- Take charge of your own wellness and avoid burnout
- Find out how you're contributing to your own stress
- Shift away from unhealthy thoughts, perceptions and behaviors
- Maximize your talents and enhance overall wellbeing
- Develop self-awareness of why you do what you do
- Consciously reflect on what's working and not working in your personal and professional life

Who should attend:

The **Shifting Minds** workshop is designed for individuals who want to be leaders in their own lives. It is for those who want to step out of their comfort zone and create an extraordinary life, both at home and at work.

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 enhance your own wellness. Participants will also receive a certificate of completion for 7 hours of Reflective Practice.





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Registration—Sturgeon Falls—March 1, 2018

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: \$215.00/person

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

All registrations must be received by Friday, February 16, 2018.

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

Lunch, coffee and refreshments will be provided.

Hotel Information: Comfort Inn, Sturgeon Falls

Cancellation Policy: Cancellations received up to February 16, 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