

Learn To Live on Higher Ground

Self-Care for Professionals

In an age when we are expected to do more with less resources and less time, we can find our own energy supply depleting. It's important to take care of yourself before you burnout.

Re-fuel, re-charge and learn to live on higher ground!

What Will You Learn?

- Healthy habits to handle stress
- Re-affirm your gifts, talents and accomplishments
- To build up encouragement and reduce discouragement
- How past lessons can make sense of the present
- What has been working for you and what to let go
- To include humor in the process of ongoing personal development
- How to restock your emotional and spiritual shelves

This rejuvenating workshop will benefit individuals who:

- Want to maintain healthy balance and manage stress effectively
- Feel stuck in a professional rut
- Never take time for themselves
- Seek to focus on the positive in life
- Need a pat on the back
- Find themselves distracted by workplace politics

Points of Interest and Benefit:

- 8 - 18 participants per session which provides for maximum support
- Participants will create resources that they can take with them and use to maintain a positive focus
- Presenters and peers share resources, techniques and experiences
- The workshop has variety and is highly interactive



In partnership with the Winnipeg Transition Centre.
www.winnipegtransitioncentre.com

The WTC also offers certificate programs in partnership with Humber College and the University of Winnipeg.

- Career/Employment Coach Certification (CECC)
- Practical Workshop Facilitation Skills Certificate (PWFSC)
- Additional 1 day training: 5 Effective Ways to Engage Participants & Energize Training

What participants have taken away from this one day workshop...

"Re-affirming the beauty and value of spending positive healthy time with my team!"

"Giving me some sound ideas I can implement in personal / work life to be a more productive person"

"Reminding myself to put 'things' or desired changes into actions"

"Being able to be myself and laugh a lot!"

"Being reminded of the importance of take care of myself, and focusing on the simple things in life"

"I found all activities useful in different ways. I will be able to use and incorporate them in my day-to-day life."

To find out more about
**Learn to Live on
Higher Ground
and other workshops**

please contact Sharon at
Sharonedavison@gmail.com
or call 250 212.0752

This one day workshop can be hosted at your place of work or a meeting space in your community. Call to discuss what works for you!

LivingWithPurposeNow.com