





MAKE ROOM FOR WHAT MATTERS

Liberate Yourself From the Nonessential

CLARIFY		SIMPLIFY		CREATE		LIVE	
	<p style="text-align: center;">holding self in priority</p> <p>Your <i>lifework</i> is important to you. Take this time to honour what you need for a satisfying life.</p> <ul style="list-style-type: none"> - discuss the topics of stress, anxiety and mindfulness - reflect on your activity choices using the <i>24 hour lifework grid</i> - assess how your schedule impacts the <i>Big 4</i> components for wellbeing - a refreshing take on the topic of 'work/life balance'! 		<p style="text-align: center;">letting go</p> <p>Mentally, emotionally and physically declutter to enhance your wellbeing.</p> <ul style="list-style-type: none"> - identify barriers that mask your true position in life - examine expectations, assumptions, habits and choices - survey your comfort zone with autonomy <p style="text-align: center;">relationship with stuff</p> <ul style="list-style-type: none"> - learn about attachment to objects - visualize a conscious curation of possessions - apply organizing principles to remain liberated 		<p style="text-align: center;">reconnecting with purpose</p> <p>Open the door to effective and meaning-filled living.</p> <ul style="list-style-type: none"> - design new intentions in each area of your life - establish motivation based on values - put your life story into perspective <p style="text-align: center;">emotional intelligence (EQi)</p> <ul style="list-style-type: none"> - evaluate how you express yourself - understand emotional information used to maintain social relationships, make decisions and cope with challenges 		<p style="text-align: center;">letting in the light</p> <p>Put everything into practice and embody thriving daily.</p> <ul style="list-style-type: none"> - contemplate states of optimism, joy, fulfilment - try mindfulness and meditation exercises - practice self compassion - replenish resources for continued wellbeing <p style="text-align: center; font-size: 0.8em;">[CREATE & LIVE sessions part of six session package only [EQi available separately as group coaching session]</p>

ALL SIX SESSIONS
2 day weekend/4 hours per day (retreat style, local or out of town) or
1 session weekly for 6 weeks /75 minute sessions (in Toronto office or other venue)

INDIVIDUAL SESSIONS

Holding Self in Priority
45-90 minutes
 - lunch & learn
 - small gathering
 - conference workshop

Letting Go
90-120 minutes
 - small gathering
 - conference workshop

Relationship with Stuff
90-120 minutes
 - small gathering
 - conference workshop

Emotional Intelligence
60-120 minutes
 - 5 to 20 participants
 - Individual pre assessment

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