

MASTER YOURSELF

Presented by PARTNERS IN PROGRESS
Facilitated by WENDY HUE

REALIZE YOUR TRUE POTENTIAL

Unwrap your dreams, cultivate the best year of your life

If you are someone who has ever felt overwhelmed or bombarded by uncertainty, tripped unconsciously from one moment to the next or had sleepless nights as a result of chaotic days, this workshop series is for you.

Have you ever wondered what would be different in your life if you got what you desired? It may surprise you to learn that there are simple, proven strategies that will move you toward achieving your ideal self. The 'Master Yourself' Life Management Seminar Series can provide the communication and goal-setting tools you need to get started.

Our series includes:

"Overcoming Barriers to Communication" which will help you understand your personal style of communication and how your perceptions, language and behaviour effect others. You'll become a more effective listener and improve interpersonal relationships.

"The Road Less Traveled" is a guide to effective goal setting with an in-depth illustration of how your level of desire is directly proportional to successfully achieving your goals. You'll learn how to take control of many parts of your life including: self-esteem, health & fitness, relationships, communication, career, finances, and handling crises.

"Excellence and Responsibility" will enlighten you to the Seven Dimensions of Successful Living and enable you to interpret your responses to situations using emotional, intellectual, physical and spiritual considerations.

Attending this seminar will enable you to:

- Take control of your life
- Unleash your potential
- Become a more effective listener
- Improve relationships
- Gain confidence
- Reduce conflict and stress
- Visualize personal success
- Realize harmony and fulfillment
- Reduce misunderstandings
- Become passionate about your future

The time, date, and location for the Life Management Seminar Series are to be announced and group size will be limited.

For more information about the series, please contact Wendy Hue at (905) 877-2183, email her at coach_hue@sympatico.ca or visit the Partners in Progress website at www.partnersinprogress.com

Members of Wendy's audience say, *"She gives you tools today that you can use tomorrow."*