

You are better than you think you are.

We invite you to think differently about yourself – and the direction of your life. We will empower you to make changes – and not just for a day. We will give you tools to help you reach your full potential – forever.

Our workshop series is designed to help:

- Reduce stress and invite balance into your life
- Take your game to the next level
- Learn strategies to overcome obstacles
- Gain greater focus, confidence and resilience
- Attract abundance and gratitude into your daily life
- Become more effective at work and in your personal relationships
- Feel inspired to achieve your goals and dreams

Workshop I

Living Your Life to Its Fullest

Wednesday, March 3, 6-7:30pm



Bruno Mital

Bruno Mital manages a Life and Professional Coaching practice. He holds a Master's Degree in Organizational Development, is a Certified Myers-Briggs Type Indicator consultant, a graduate of the Dale Carnegie Leadership course and is the Vice-Chair of the Dawson College Board of Governors. Drawing on his experience as the Executive Director of CCS, where he leads a great team of employees and volunteers, and as the former Executive Director for Kids Help Phone Quebec, where he was the organization's 2007 and 2008 recipient of the Courage Award in recognition of his fundraising achievements, Bruno will share a simple model to help improve your life – no matter how successful you already are. In so doing, he will empower you to lead a more fulfilling life and help you achieve your most important and cherished goals.

Workshop III

Move Over IQ and EQ – It's Time to Maximize Your EAQ!

Wednesday, March 17, 6-7:30pm



Anita Nowak (Workshop Series Leader)

Anita Nowak has been interviewing social entrepreneurs as part of her PhD research at McGill. Her theory of "Empathic Action" is based on their insights as well as her own experience having introduced a micro-credit loans program to genocide survivors in Kigali, Rwanda in 2008. Her long-term goal is to inspire individuals to transform their lives and the world around them by increasing their EAQ (Empathic Action Quotient). Through her workshop, you will learn that engaging in Empathic Action decreases stress, improves health and leads to a quantum leap of happiness. In a professional capacity, Anita currently serves The Study as Director of Advancement & Alumnae Relations. She has lectured widely, both at McGill and on the conference circuit.

Workshop II

Living Your Potential

Wednesday, March 10, 6-7:30pm



Danielle Brooks

Danielle Brooks is a Well-Being Practitioner and Intuitive Healer with a holistic approach to personal and professional growth. She has lived and worked in a variety of cultures around the world including Asia, South America and Australia and is currently based in Montreal and New York City. Combining effective practicality, the healing arts and her own life experience, Danielle will inspire you to achieve your full potential and create a focused and enriched approach to life. She will discuss ways to shift and empower you – especially through periods of transition – and how to positively change old patterns and limiting belief systems. Danielle's workshop will explore the true power of intention, focus and awareness to create abundance in all aspects of life.

Workshop IV

Using the Power of Your Mind to Heighten Your Performance

Wednesday, March 24, 6-7:30pm



Gordon Bloom

Dr. Gordon Bloom works in the Department of Kinesiology and Physical Education at McGill University and is Director of the Sport Psychology Research Laboratory (<http://sportpsych.mcgill.ca>). Using bio-neurofeedback techniques and a positive approach to coaching, the primary goal of this lab is to create environments where athletes and teams can reach ideal states of human performance. He is currently overseeing a research and training program for Canada's Olympic athletes (designed to improve their concentration, confidence and focus skills), with the ultimate goal of achieving peak performance at the Vancouver 2010 games. Based on his experiences as a researcher and sport psychology practitioner, Dr. Bloom's workshop will explore the strategies used by successful leaders and elite athletes in North America to help you accelerate your level of performance at work and in life.

For more information or to register, contact the Workshop Series Leader.

E-mail: anita.nowak@mail.mcgill.ca Tel: (514) 966-4740

The cost is \$40 per workshop or \$100 for the whole series

All workshops will be held at The Atwater Club

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