



NAVIGATE MODERN MIDLIFE - STEP INTO JOY

Step into the richness of growth and discovery using two powerful tools – Myers-Briggs Type Indicator® and Conscious Creation.

See the value of your innate strengths and gifts by understanding your own unique Myers-Briggs personality type. Develop a powerful foundation for navigating your journey by increasing your knowledge of modern midlife dynamics and how it can affect your everyday living.

Secondly, learn the theory behind consciously creating desired outcomes in different areas of your life. Explore 4 crucial steps and valuable practices for creative visualization.

Over these two days, spark your inner wisdom and create positive change through carefully chosen activities, exercises and techniques. As an added bonus you will receive a copy of your

Myers-Briggs Type Indicator® personality profile.

Revive, refresh and renew your commitment to a life that reflects and honours your values, intentions and your dreams. Set your compass to harness the power of your imagination and sail into a meaningful 2009.

Where: In beautiful Curteis Point, 5 minutes from the Swartz Bay Ferry Terminal, North Saanich

When: **Saturday, March 28
10:00 a.m. – 3:30 p.m. and
Saturday, April 4
10:00 a.m. – 4:00 p.m.

Fee: \$195.00

Please bring your own lunch. Coffee, tea, and juice will be provided.

**Please note: We will arrange to meet for approximately an hour March 15th to administer the Myers-Briggs Type Indicator® instrument in preparation for the workshop.

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