

## Taste some Emotional Fitness with our Half-day Workshops

1 **Introduction to *The 9 Steps to Emotional Fitness*** \$75

For those interested in personal and professional development and experience an overview of how the unique tools of Emotional Fitness can open up extraordinary opportunities for you to create the success you desire.  
Suitable for social workers, counsellors, coaches, health professionals, managers and leaders, human resource professionals, teachers.

2 **Listening Power** \$150 (or \$75 if booked with Module 1 above)

For those wanting to enhance communication and listening skills, improve relationships, develop professional skills.  
Suitable for couples, counsellors, coaches, leaders and managers, teachers, professionals.

3 **Learning from Experience** \$150

For those wanting to extend and develop their own talents in current career or to move ahead in their current area of work, or to help others to do the same.  
Suitable for career specialists, aspiring leaders and managers, counsellors, coaches, human resource practitioners.

4 **Finding Your Inner Balance** \$150

For those wanting to find a greater sense of inner peace and balance in life, or helping others to do the same.  
Suitable for counsellors, coaches, social workers, human resource practitioners.

5 **Storytelling** \$150

For those seeking creative ways to discover inner talents and make sense of personal perceptions.  
Suitable for teachers, social workers, counsellors, coaches, leaders.

To find out where and when the next half-day series is taking place, call 506-351-0645 or Toll-free: 1-866-310-3348 (EFit) or e-mail [info@EFitInstitute.com](mailto:info@EFitInstitute.com) or check the website: [www.EFitInstitute.com](http://www.EFitInstitute.com)



Emotional Fitness Institute Inc.

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