

Hello!

If you are receiving this email, it's because you are a client, attended one of my workshops and/or asked for updates on upcoming events. Please scroll down if you would like more information on a new series of workshops entitled: **Building Better Relationships: With Self and Others**

Please send on to friends and colleagues if you think they may be interested. *Thank you*

Investment: All workshops are \$30. Bring a friend for only \$10 more.

Location: North Glenmore Community Centre - Upstairs Lounge

Contact: Jo-Ann Pawliw 403-462-3348

Remember, we all stumble, every one of us. That's why it's a comfort to go hand in hand. ~Emily Kimbrough

Building Better Relationships: With Self

If we are incapable of finding peace in ourselves, it is pointless to search elsewhere. ~ Francois de la Rochefoucauld

Spring Walk and Talk - A Women's "Spring Cleanse"

6 Thursday mornings, starting May 13th - June 17th. Cost: \$50

Lakeview

Do you feel a need to get walking in the spring weather and lose a little of that winter insulation, but want a little company? Come join this friendly women's group as we walk for an hour or so, and then come back for tea and conversation. Jo-Ann will provide and facilitate a safe place for each of us to create community and talk about the struggles we feel when trying to eat well and live healthier and more connected lives. Beginner brain science will be explored to understand and learn how to manage and understand our emotions better. Strategies will be offered to help us make better choices and have better conversations and interactions with the people in our lives.

Want More Calm?

May 5th

Do you want a break from feeling tight and anxious inside? Worrying too much what other people may think? Do you wish you could respond to situations, rather than react? Come and learn the basics of how our brain reacts to stress. Then practise a proven strategy that helps you override this and leaves things feeling manageable. **IT WORKS!**

Workshop: Wednesday May 5th, 2009, 1-3 pm

A 'Check-in' with My Life

May 19th

Let's look at where your life is today. What are you satisfied with? What are you frustrated with? What do you want to add or delete? In a fun and safe atmosphere, let's ask the questions and find the answers. Participants will work with the Lifescale exercise, as developed by Warren Redman of The 9 Steps to Emotional Fitness.

Lifescale Workshop: Wednesday May 19th, 1-3pm

Building Better Relationships:

With Others

One of the hardest things to do in life is to listen without intent to reply. ~Author unknown

Want Your Kids to Share More?

Thursday May 13th

Would you like to know better what your children are doing, thinking and feeling?

It's hard when our children don't open up easily and let us in.

Listening deeply to our children helps them to open up and share their lives with us; there is nothing more important. However, it is difficult to just listen and not always parent. Come learn a proven tool that will create better connections with your kids.

Workshop: Thursday, May 13th, 2010, 7-9pm OR Thursday, May 13th, 2010, 1-3pm

An intimate relationship does not banish loneliness. Only when we are comfortable with who we are can we truly function independently in a healthy way, can we truly function within a relationship.

Two halves do not make a whole when it comes to a healthy relationship: it takes two wholes. ~

Patricia Fry

A Workshop for Couples...

Thursday May 27th

Give AND receive the gift of listening with your partner.

Come and explore the power of really listening to each other without judgment and interpretation. The ability to hear and be heard transforms relationships. Experts say that communication is the key to a successful relationship. But how is it done? How can it happen if only one person seems to be doing all the talking? How can it be done when no one is really listening to what someone really needs to say?

You will leave our workshop with a proven tool that will work immediately to both strengthen and soften your relationship.

Workshop: Thursday May 27th, 2010, 7-9 pm OR Thursday May 27th, 2010, 1-3 pm

Cost: \$40/couple

All workshops are run by Jo-Ann Pawliw BE.d.,BPHE.,

Certified Emotional Fitness Coach and Instructor.

If you did not receive this e-mail and are interested in receiving them in the future please advise Jo-Ann@EFitInstitute.com