

FEES:

\$35 per person

*Includes tea, coffee, light refreshments, handouts and GST.

VENUE:

**1 DIAMOND RD
PEARL BEACH
NSW 2256**

DURATION:

2 ½ hours consisting of two hours for the workshop activities plus a 30- minute morning/ afternoon tea break.

Form a group of more than 8 and host the workshop in your home or at another venue of your choice. Workshop fees for the host or hostess are complimentary.

LARGER GROUPS:

Ask us to customise a half or full-day workshop to suit the needs of your school, or organisation. (max. 30 people)
Fees are negotiable depending on numbers attending and travel expenses to the location.

CONTACT YOUR ART OF LIVING FACILITATOR

**ROSEMARY RUTHVEN
(02) 4341 1832
MOB: 0429040658**



The First Step to Better Relationships

- Communication and engagement: How it works in the brain
- Recognising Defence mechanisms
- The *Power of the First Step* technique

Identifying and Achieving Goals

- The roles we play in life
- Being in the hinge of change
- The *Towards and Away From* Technique

Looking Back with Gratitude to Live an Empowered Life

- The lenses through which we see the past, the present and the future
- Living in tune with who we are
- The *Pillars of Life* technique

Avoiding Stress and Burnout

- The biology of stress and burnout and the Stress-Recovery Cycle
- Key elements of a balanced life
- The *Amber Light* technique

Maintaining Tenacity for the Long Haul

- The effect of anxiety on spontaneity and creativity
- Relaxed and tense fields
- From the Ashes* Technique

Turning Those Who are a Drain into a Gain

- Role Given-Role Taken
- Breaking out of cultural conserves and life-draining patterns of behaviour
- The *Drain into Gain* technique

The topics can be taken in any order and may be pieced together with others to form longer workshops.

The Content and Play of Life[®] techniques taught in the Art of Living courses were created by Psychiatrist and Counsellor, Dr. Carlos A Raimundo. For more than 20 years Carlos has been working in the area of individual, group and organisational transformation. Rosemary Ruthven is Active Learning's course designer and senior trainer. Her workshops consistently provide a balance of grounded theory, practical strategies and time for reflection on learning. Visit the website to view more course offerings both for professional coaching accreditation and for business and corporate. www.neuro-learning.com