

November 2nd - Gratitude

It is usually very easy for us to see what it is that we lack in our lives, the way in which our lives falls short. It can be much more difficult to notice and appreciate those things that we do have that are good in our lives, the ways in which our lives exceed our expectations. Gratitude is an important life skill to practice because it can keep us focused on the excess we have rather than scarcity we sometimes feel. Come and join us in learning how to focus on being grateful.

December 7th - Thriving During the Holidays

The Holidays are intended to be a happy, festive time of year focusing on family and friends. For some of us the holiday season can be a tough one to navigate. For various reasons, some under our control, other not, we can find ourselves merely surviving the holiday onslaught, sometimes even avoiding the experiences of 'getting together.' Some of us might enjoy the holiday, and look forward to 'getting together' with others, but we find ourselves stressed by being caught up in the hustle and bustle of shopping gift giving, decorating and holiday parties. Our workshop, *Thriving the Holidays*, can offer a foundation and strategies on not just surviving the holiday season, *BUT* actually being able to thrive during this time of year. Reclaim your holiday experience!



Workshop Schedule

Place - Zoom

Time - 7:00 PM

Date - 1st Tuesday of every month

Cost

\$10.00 per workshop

Receive a discount for registering for multiple classes.

3-5 Workshops - 10% off

6-11 Workshops - 15% off

12 Workshops - 20% off

Registration

To register go to:

www.Wisdom2Heal.com

and look for the Workshops link

Facilitators

Anna Marie Hrivnak

Cort Hrivnak



Gift Giving

Consider giving a loved one a gift to attend one, two or more workshops. Gift certificates are available.

2021

Tuesday Evening Workshop Series

Enrichment

Empowerment

Enlightenment



**First Tuesday of
every month at 7:00
PM via Zoom.**

(except January which is 2nd Tuesday)

January 12th - The Gift Of Change

"Change always comes bearing gifts."

Price Pritchett



The New Year offers each of us the opportunity to 'resolve' to incorporate new changes in our lives. This workshop is designed to support individuals who find themselves dealing with the fear and uncertainty that can surround change. Participants will be learning about the in-between times: when things are not the way they once were and with the lingering uncertainty of what they will become.

February 2nd - The Four Loves

C.S. Lewis speaks of four types of love - affection, friendship, romance and unconditional love. Join us as we discuss these different types of love and how to cultivate relationships in our lives that allow us to experience these different types of love.

March 2nd - Maintaining Our Inner Strength

Maintaining healthy boundaries with certain people in our lives can be a difficult and challenging task, one that requires a strong sense of self and inner composure. Come learn how to foster a stronger sense of yourself and develop skills you can use in order to keep your composure in difficult situations.

April 6th - Keeping a Sense of Humor

Humor is one of the healthiest coping mechanisms we have in dealing with the challenges of everyday life. Specifically, if we have the ability to laugh at ourselves without feeling diminished or threatened, we can lower our anxiety and levels of self-criticism. Come discover the roots of humor and how you can work to use it in your own life.

May 4th - Service to Self and Others

"No one has ever become poor by giving."

Anne Frank

One of the noblest things we can do as individuals is to serve others, to use our gifts and talents in ways that benefit them and help improve their lives. However, there can be such a thing as giving too much, where service to others comes at too great a cost to ourselves. Come learn about how to achieve a healthy balance between the two in your life.



June 1st - Investing Our Time

"One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything in particular."

Tony Robbins

How would you like to spend your summer? What would you like to accomplish now that the days are longer and the weather warmer? Come and we'll help identify your own specific goals for the summer and learn about tools you can use to help keep you focused on spending your time wisely.



July 6th - Gaining Our Independence

We can often feel trapped by bad people, places and things around us. Sometimes we might feel as if others have control over us, our lives, or our decisions. Join us in talking about control and seeing how you can seek to free yourself mentally and emotionally from situations that can be difficult to escape physically.

August 3rd - Finding Joy

When you rise in the morning, give thanks for the light, for your life, for your strength. Give thanks for your food and for the joy of living. If you see no reason to give thanks, the fault lies in yourself. -

Tecumseh

Sometimes we can go through periods in our life where joy and happiness seem to be in our past, and not part of our present or future. We can forget that joy and happiness are most often not accidental but rather are the emotional rewards of a positive worldview and living a life of meaning. Join us to see how to deliberately cultivate a deeper sense of happiness and joy in your life.

September 7th - Valuing our Work

Our work fills a large part of our life and an important way to be truly content is to believe that the work we do is meaningful work. Viewing our work as meaningful allows us to do great works and leads us to be successful. Finding that perfect work can be difficult so if you haven't found it yet, keep looking and don't settle. As with all matters of the heart, you'll know when you find it. Until then, come learn what it takes to make the work we do now more enjoyable, worthwhile and successful.

October 5th - Conquering Fear

It is said that courage is not the absence of fear but rather our ability to move forward despite being afraid. Is fear holding you back from doing something you need or want to do? Do you feel that fear controls too much of your life? Come learn ways to help manage and conquer your fears so you can unleash your full potential.

