

Emotional Fitness

New Dates!!

for the

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Holidays

Holidays can bring out the best and the worst in us. Emotional fitness is the ability and readiness to travel the emotional journey with ease and flow. When fit, you can remain well connected to loved ones and those important to you; even while you navigate the bumps and turns of stressful times with minimal impact or residue. In fact, you may discover that your relationships are stronger and more satisfying when you stay emotionally fit! You will also discover an empowered sense of self.

In just 4 hours this experiential workshop will help you optimizing your positivity, build resilience, and bolster authentic happiness. Here's an outline of the content:

- **Explore and discover authentic happiness, tipping point positivity, and integral core strengths!** (When you register you get a pre-workshop assignment!)
- **Release the past – melting away destructive guilt, fear, and doubt!**
- **Release the future – removing the shackles of limiting beliefs!**
- **Awaken your new, live-in-the-moment approach to forward motion – prepare to grow from where you are into who you can become!**

Limited to 12 people per session. At least a \$400 value. For a limited time \$59. (Pay at the door or visit www.laynehood.com for PayPal link to prepay.)

Call by 12/15/10 to register for Saturday 12/18/10 from 9:00 AM to 1:00 PM
or Sunday 12/19/10 from 1:00 PM to 5:00 PM

Layne Hood, CPC, LCSW. I have facilitated personal growth for thousands of people moving them toward emotional resilience and flourishing lives. My work now draws directly from energy psychology methods and recent positive psychology research. These resources more and more match the wisdom of the ages that directs us to recognize how we can manage our thoughts, feeling, and actions so that they channel well being into love, work, and play. I have provided counseling for nearly 25 years and have conducted life coaching for nearly 10. I am a Certified Professional Coach and a Licensed Clinical Social Worker.

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