



## Winnipeg Transition Centre

# Learn To Live on Higher Ground (Self-Care for Professionals)

In an age when we are expected to do more with less resources and less time, we can find our own energy supply depleting. It's important to take care of yourself before you burnout. Re-fuel, re-charge and learn to live on higher ground!

### What Will You Learn?

- ✓ Healthy habits to handle stress
- ✓ Re-affirm your gifts, talents and accomplishments
- ✓ To build up encouragement and reduce your discouragement
- ✓ How lessons from the past can help make sense of the present
- ✓ What has been working for you and what to let go
- ✓ To include humor in the process of ongoing personal development
- ✓ How to restock your emotional and spiritual shelves

### What participants have taken away from the workshop...

- ✓ "Re-affirming the beauty and value of spending positive healthy time with my team!"
- ✓ "Giving me some sound ideas I can implement in personal / work life to be a more productive person"
- ✓ "Reminding myself to put 'things' or desired changes into actions"
- ✓ "Being able to be myself and laugh a lot!"
- ✓ "Being reminded of the importance of take care of myself, and focusing on the simple things in life"
- ✓ "I found all activities useful in different ways. I will be able to use and incorporate them in my day-to-day life."

### "What People are Saying About Learning To Live On Higher Ground"

- *"Exceptional...By the end of the day I was energized and inspired!"*
- *"I loved the positive energy and the pace of the workshop – it flew by without ever feeling rushed."*
- *"Fantastic course...I am making all my coworkers come!"*
- *"I loved learning about reconnecting to self and let go of the small stuff."*
- *"Great atmosphere! I felt uneasy coming into a group not knowing anyone & I truly felt relaxed in the end."*
- *"Incredible..."*

## Did You Know?

- ✓ **Learning to Live on Higher Ground has been presented in different venues and locations right across Canada to rave reviews**
- ✓ **The Winnipeg Transition Centre is also available to do an exclusive engagement for your Organization, Company or Group**
- ✓ **Those who have participated in or hosted this workshop include people from Civil Service (Municipal, Provincial & Federal), Health Care, Private Enterprise, Social Service and Education**

### This rejuvenating workshop will benefit individuals who:

- ✓ want to maintain a healthy balance and manage stress effectively
- ✓ feel stuck in a professional rut
- ✓ never take time for themselves
- ✓ seek to focus on the positive in life
- ✓ need a pat on the back
- ✓ find themselves distracted by workplace politics

## Questions???

**If you have any questions please do not hesitate to contact:**

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### Points of Interest

The workshop also offers the following benefits:

- Only 18 participants per session which provides for maximum support
- Participants will create resources during the workshop that they can take with them and use to maintain a positive focus
- Presenters and peers share resources, techniques and experiences
- The workshop includes many activities and is highly interactive

### Participant Feedback on Learn to Live on Higher Ground

- *"Very effective. The day just flew by. I learned a lot of things I'm going to put into practice immediately. I have the desire to change my life!"*
- *"Inspirational"*
- *"Excellent presentations. I enjoyed every bit of it."*
- *"Uplifting"*
- *"I found all activities useful in different ways. I will be able to use and incorporate them in my day-to-day life."*

## Registration and Fees

The registration fee is **\$95.00 + GST \$4.75 (\$99.75)** which includes all workshop materials and manual. Fees listed are per individual registrant. Fees must accompany completed registration form. Refunds will ***only*** be given for cancellations received **14 days** prior to course date.

Please visit [www.winnipegtransitioncentre.com](http://www.winnipegtransitioncentre.com) for dates of upcoming courses/