



## Know yourself...live more fully

Do you want to change your life or help others change theirs?

**Come to our engaging and transformational weekend workshop.**

Learn the power you have to reshape your life.

See why you keep experiencing the same challenges in your professional and personal relationships.

See how family patterns through the generations impact your life now.

Learn to transform anger, hurt, and fear into energy for a positive future.

“An insightful weekend with wonderful, warm, helping individuals.”

“I really enjoyed it. It was different, a lot of fun, and I learned a lot.”

“What a genesis this has been for me.”

“Wonderful toolbox”



**3-5 May 2013**

**Full weekend: Genealogical adventures—Our family roots and their emotional impact**

**Friday night only: Your family—The origin of your emotions**

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Janet Christie-Seely, MD, FCFP