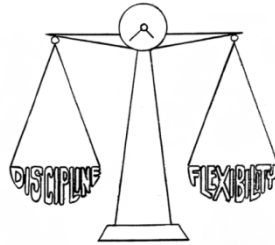


Personal Growth/Life Management

Life Management

Life Management is about being balanced and efficient.



Efficiency is achieving maximal productivity, optimal health and personal growth with minimal effort and energy. In our Life Management workshop, we will cover the A-G of Development. We follow that with the Cycle of Discipline to help develop new habits and the Cycle of Organization to help us reprioritize what we have to do. We end up with the A-G of Efficiency:

- A. Acceptance of responsibility
- B. Balance of priorities
- C. Completion of one item at a time
- D. Discipline to plan
- E. Efficiency with your time
- F. Focus on your intentions
- G. Gaining confidence

Following this program and practicing consistently should help you achieve the following goals:

- 🌸 To fulfill your dreams
- 🌸 To meet your due dates
- 🌸 To be stressless
- 🌸 To be healthy
- 🌸 To be peaceful

I can testify that it works. I have used this program for years. It takes commitment and diligence, and you, too, can achieve your goals.

Anger Management

I am a Certified Anger Management Specialist, and this eight-week class will fit the requirements for court-order and work referrals. Anger Management teaches us how to respond appropriately to situations that may normally make us fly off the handle. In addition, we will look at what can be good about anger.

Among other lessons, learn how to:

- 🌸 Identify what triggers your anger;
- 🌸 Use anger for your good;
- 🌸 Defuse anger through stress management;
- 🌸 Healthily manage conflict; and
- 🌸 Turn anger into forgiveness.