



**2HR POWER
WORKSHOPS
\$49**

INSITE MIND PRESENTS

SCHOOL OF THOUGHT

SHORT COURSES - LIFE LONG IMPACT

MAKE 2016 YOUR YEAR OF **CHANGE**



LIFE DESIGN MASTERCLASS

FEEL STUCK AND WANT TO MOVE FORWARD? NEED SOME MOTIVATION AND DIRECTION? CREATE YOUR BIG PICTURE, WRITE GOALS AND LEARN HOW TO EXECUTE THEM.

**Tuesday May 3rd
5.30pm - 7.30pm**



EMOTIONAL INTELLIGENCE

SUPPRESSING YOUR EMOTIONS? OR EXPERIENCING EMOTIONAL HIJACKINGS? UNDERSTAND AND EXPRESS YOUR EMOTIONS AS WELL AS UNDERSTAND AND NAVIGATE THE EMOTIONS OF OTHERS.

**Tuesday May 10th
5.30pm - 7.30pm**



THE ART OF POSITIVE THINKING

DID YOU KNOW THAT EVERY THOUGHT YOU HAVE IMPACTS ON YOUR LIFE? LEARN HOW TO TAKE CONTROL OF YOUR THOUGHTS AND CHANGE THE OUTCOME OF YOUR LIFE.

**Tuesday May 17th
5.30pm - 7.30pm**

CONTACT LIVE WELL RECEPTION TO RESERVE YOUR SEAT

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