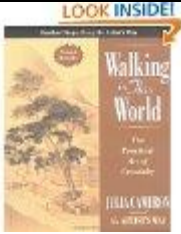






<p><i>Walking in This World</i> The Practical Art of Creativity By Julia Cameron</p> <p>Self-discovery is a sacred path. Your Creativity Contract (from the book): <i>I commit myself to the regular use of the three basic tools. For the duration of this course, I will write Morning Pages daily and will take an Artist Date and Weekly Walk once a week. Additionally, I commit myself to excellent self-care, adequate sleep, good food, and gentle companionship.</i> Topics: Discovering a sense of Origin; Discovering a sense of Proportion; Discovering a sense of Perspective; Discovering a sense of Adventure; Discovering a sense of Personal Territory; Discovering a sense of Boundaries; Discovering a sense of Momentum; Discovering a sense of Discernment; Discovering a sense of Resiliency; Discovering a sense of Camaraderie; Discovering a sense of Authenticity; Discovering a sense of Dignity. A shared learning and leadership group.</p>	
<p><i>Wellness, Goals, and Dreams</i> Facilitated coaching group</p> <p>Use the tools and resources of wellness coaching and the group to help yourself begin or stay on a healthful and energizing path. Coaching group facilitated by Anne Wondra, certified wellness coach.</p>	
<p><i>O (Oprah) Magazine</i> Live Your Best Life group</p> <p>A lighthearted monthly discussion around the latest issue of O, the Oprah Magazine. Read the feature article and whatever else you're drawn to, and share with the group. Live your best life...and come into your own with style, beauty, and grace. A shared learning and leadership group.</p>	

Helping you help yourself and each other.

LOVE-YOUR-LIFE[®] Program

by Anne Wondra

Eleven signature sessions, a full set of tools and wisdom to empower you personally...to use every day in all the roles you play. Set yourself up for success, serenity, wholeness, and happiness

Each signature session is a personal toolkit of life skills;
secrets and wisdom uncovered in a lifetime, and packaged for your personal use and well-being;
for today and the rest of your life.

Topics

1. Starting Place: PLAY. Set the vision; WHO you are now, and who you are becoming.
2. What are you thinking? Yes it matters.
3. Love your Body - Learn and adopt simple rules to help your body serve you longer, easier, and better. Your body is how you experience life.
4. Spirituality, spirit and meaning. With or without religion; distinctions and keys to clarity. Peace with your soul and how to find it.
5. Career and money. There's what we do for money, and then there's what we'd really love to do if only... Our relationship with money from the wellness side.
6. Confidence, credibility, and courage. Confidence for women; how to get, build it, and own it.
7. Supporting relationships. Girl friends, guy friends, associates, and significant others; relationship rules happy women live by.
8. The Sacred Feminine. Our deeper, different perspective, woman's wisdom, values; feminine presence, power, and grace.
9. Gifts of the spirit. Psychics, healers, intuitives, and other gifted ones....and maybe you.
10. Make sacred Space. Time and space ... to center spirit and body.
11. Aging (30, 40, 50, ...) gracefully...coming into your own.

**Available in virtual format (Telephone conference) and in Live presence locally at the Kindred Spirit Center | Also private single-topic sessions.*
