



GOT GRIT IN YOUR OYSTER?

- Tired of being annoyed, but don't know what to do?
- Curious how to grow from pain vs. shutting down?
- Willing to release beliefs that no longer serve you?

Find out how simple shifts make a big difference.

In this life-changing workshop you'll discover how to:

- 1. Transform your irritants into gems through a 5-Step P.E.A.R.L. Process**
- 2. Identify the 12 core beliefs that keep you stuck and how to release them.**
- 3. Practice 4 Positive Relationships (PR) skills to change your pattern of responses.**
- 4. Re-wire your emotional brain's response to stress.**
- 5. Communicate better with your partner, children and co-workers**

Join **Susie Leonard Weller, M.A.**, Life & Spiritual Coach, Adjunct Faculty and Author of *Why Don't You Understand? Improve Family Communication with the 4 Thinking Styles*

DATE: Saturday, November 19, 2011

TIME: 9 a.m. to 3 p.m.

PLACE: St. Joseph Family Center, 1016 N. Superior St., Spokane, Washington

FEE: \$49 for early registration by November 8. Later registration fee is \$67. **

**** Here's a special offer—register two friends & attend for FREE!**

LUNCH: Bring a sack lunch. Snacks will be provided

R.S.V.P: Call St. Joseph Family Center to register at (509) 483-6495



Get "Weller" with Susie!

**For more details, contact Susie Leonard Weller, M.A.
Call (509) 255-6676 or visit www.susieweller.com**

- Master's Degree in Pastoral Ministry from Seattle University
- Certified Thinking Styles Consultant through Herrmann International to strengthen whole-brained communication
- Certificate in Spiritual Direction from Gonzaga University

Enjoy Healthy Relationships at Home and at Work