

How to Find and Live Your Legacy Workshop

with Paul Chek in Toronto

September 4th through 6th, 2009

Course Outline

Beverages and snacks will be provided throughout each day of the workshop.

There will be a 90-minute lunch break each day around 1:00 pm.

From time to time each day, Paul will introduce self-harmonizing exercises.

Workshop outline is approximate. Paul adjusts the daily flow based upon class ability and comprehension.

Day 1 - Friday, September 4th, 2009

(9:00 am to approximately 6:00 pm)

9:00 AM

Workshop registration

9:30 AM

Workshop begins.

Today's lecture topics and interactive exercises include:

Lecture: Your Life Mandala - Understanding Creative and Transformative Forces in Your Life

End Day 1.

Day 2 - Saturday, September 5th, 2009

(9:00 am to approximately 6:00 pm.)

9:00 AM

Workshop begins

Today's lecture topics and interactive exercises include:

Lecture: Exploring Core Values

Building Your Value Set Mind Mapping Practical

Continue Building Your Value Set Mind Mapping Practical

Discussion, Questions and Answers

End Day 2.

Day 3 - Sunday, September 6th, 2009

(9:00 am to approximately 6:00 pm.)

9:00 AM

Workshop begins

Today's lecture topics and interactive exercises include:

Lecture: How To Identify & Build Your Legacy!

Creating your legacy mind map or mandala

Completion and interpretation of your legacy mind map or mandala

Lecture: Overcoming Common Obstacles to Living Your Core Value Set and Legacy

Discussion, Q & A, Conclusion

End of Workshop.