

## COMMUNITY WORKSHOPS/SEMINARS

### Inspiration and Motivation

***Management Wellness and Empowerment: Enhancing Spirit at Work.*** Reinvestment Program. Saddle Lake First Nations. Chateau Louis Conference Centre, Edmonton, AB.

**The Good We Do: Empowering Self and Others in the Workplace.** Social Development, Saddle Lake First Nations, Chateau Louis, Edmonton, AB.

**Living with Passion and On Purpose: A Workshop for Professionals.** City of Grande Prairie, Grande Prairie, AB.

***Honoring Your Spirit in the Workplace.*** KTC Child and Family Services, Loon River, Whitefish Lake, Woodland Cree First Nation Bands, Quaaout Lodge, Chase BC.

***Reclaiming Personal Power: A Healing Journey.*** West Point First Nation, Hay River, NT.

***Exploring Winter Solstice Dreams.*** Pilgrim United Church. Edmonton, AB.

***Personal Growth.*** Community Addictions Program. Nechi Institute for Health Promotion and Research. St. Albert, AB.

***Journey to Spirit.*** Women's Wellness Good Fish Lake First Nation's Community. Continental Inn, Edmonton, AB.

***Advancing On the Personal Growth Journey.*** Enoch Band, Lily Lake Retreat Centre Hotel, Bon Accord, AB.

***Creativity, Imagery and Soul.*** Minerva Senior Institute, Grant MacEwan College, Edmonton, AB.

***Reach for the Sky with Both Hands Open.*** Women's Wellness.  
Shellbrook and District Health Region, Shellbrook, Sk.

***Exploring the Symbolic Messages in Art.*** Minerva Senior's Institute,  
Grant MacEwan College, Edmonton, AB.

***Gaining Dream Awareness.*** Self Connection Books, Calgary, AB.

***Advancing as a Soulful Therapist: Workshop for Professionals.***  
Andrew AB.

***Healing Power of Color and Light.*** Honoring Ourselves Professional  
Days. Beaver Lake First Nations. Beaver Lake, AB.

***A Woman's Spiritual Journey.*** Victorian Order of Nurses  
Conference. Edmonton, AB.

***Nurturing Soul in the Work Place.*** Hobbema First Nations, Fantasy  
Land Hotel, Edmonton, AB.

***Honoring Our Dark Times.*** Moravian Faith Community, Edmonton,  
AB.

***Beyond Coping: Reclaiming Personal Power.*** Human Resources  
Development Canada. Canada Place, Edmonton, AB.

***Self Esteem and Cancer.*** Breast Cancer Support Group, Trinity  
Lutheran Church, Edmonton, AB.

***Mind as Healer.*** Spring Conference, Knox Metropolitan United  
Church, Edmonton, AB.

***Toward Fulfilling Life's Purpose.*** Connecting Women, Dinner  
Meeting.  
Edmonton, Alberta.

***Quality Relationships After Retirement.*** Minerva Senior Studies  
Institute, Grant MacEwan Community College, Edmonton, AB.

***Being the Best You Can Be.*** Imperial Oil Ladies Association, Edmonton, AB.

***Living to Our Potential.*** North Central Regional Recreational Association Wellness Days, Saskatchewan Lotteries, Prince Albert, SK.

***Finding Joy in Each Moment.*** Minerva Senior Studies Institute Tea Gardens. Grant MacEwan College. Edmonton, AB.

***Change: Crisis or Opportunity.*** Alberta Beach Municipal Office, Alberta Beach, AB.

***Perception, Attitude and Behavior: Moving Toward Positive Change.*** Federated Co-op, Northern District Board Meeting, Stony Plain, AB.

***Hope, Happiness and Purpose in Life.*** Grey Nuns Community Health Centre and St. Patrick's Anglican Church, Edmonton, AB.

***Attitudes and Behavior: Getting in Charge.*** Fullness of Aging Series. Minerva Senior Institute, Grant MacEwan College, Edmonton, AB.

***Psychological Readiness for Retirement.*** PrimeTime. Grant MacEwan College. Edmonton, AB.