

OPENING MINDS WITH  
CLARITY AND RESPECT



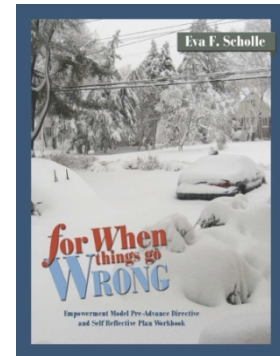
Winter AM Trimester 2015  
MOVEMENTTOCHANGE Healing and Wellness Course  
Mondays in Mt. Vernon at the New Dimension  
of The Empowerment Center

**CHANGE HOW YOU VIEW YOUR LIFE  
THE ISSUES YOU ENCOUNTER AND YOUR SUCCESS...**

FEATURING  
*WHEN-THINGS-GO-WRONG EMPOWERMENT STYLE*

*The Big Bad Wolf Who Changed His Life*  
**CHANGING MINDSET AND MOTIVATION**

- ◇ Are you stuck and want to move forward?
- ◇ Do aspects of your life become too overwhelming or too intense to deal with?
- ◇ Do you seek your own answers?



Now is the time to develop an understanding of pertinent topics to regain your life, because right now, hopefully, you are not in a loss or lack of control state. Now you and we are in a position to learn and explore. After we learn what our starting perceptions are, using the character of the Big Bad Wolf as our parable, we will get to know ourselves and our situations differently. From experiences of things going wrong in our lives, we will learn the process of empowerment, getting unstuck and staying motivated. Discover how needs are really satisfied and explore how to create powerful actions for your life.

**Join us for the course:**

*The Big Bad Wolf Who Changed His Life!*

**You can change your life too!**

Ten Morning Classes Beginning on January 5, 2015



MOVEMENTTOCHANGE is partners with The Empowerment Center  
The Empowerment Center • 20 East First Street • Mount Vernon, NY. 10550 • (914) 699-5036



**MOVEMENTTOCHANGE teaches and mentors people in Healing and Wellness!**

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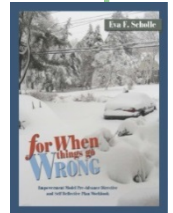
Winter AM Trimester 2015

## MOVEMENTTOCHANGE Healing and Wellness Course

# CHANGE HOW YOU VIEW YOUR LIFE THE ISSUES YOU ENCOUNTER AND YOUR SUCCESS...

When-Things-Go-Wrong Empowerment Style

## *The Big Bad Wolf Who Changed His Life!*



## SYLLABUS

### CHANGING MINDSET AND MOTIVATION

|          |  |           |
|----------|--|-----------|
| Class 1  | <b>What is our starting perception?</b><br>Who we are and our view of what is happening.   | 1/05/2015 |
| Class 2  | <b>Who is the Big Bad Wolf?</b><br>Getting to know ourselves differently.  | 1/12/2015 |
| Class 3  | <b>How can we empower ourselves?</b><br>Knowing the process of empowerment and how our point of view counts.   | 1/26/2015 |
| Class 4  | <b>Are situations too overwhelming and too intense?</b><br>Learning from the experiences of things going wrong to change our language, mindset and paradigm. | 2/02/2015 |
| Class 5  | <b>What are our needs?</b><br>Looking at needs in new ways.  | 2/09/2015 |
| Class 6  | <b>How do we satisfy our needs?</b><br>Discovering how needs really are satisfied.   | 2/23/2015 |
| Class 7  | <b>How did I change my life?</b><br>Making the decision to over and over again to empower ourselves and change our lives.                                    | 3/02/2015 |
| Class 8  | <b>How do we stay motivated?</b><br>Getting unstuck and staying motivated.   | 3/09/2015 |
| Class 9  | <b>What are Healing and Wellness opportunities?</b><br>The essence of a situation and an overview of opportunities.  | 3/16/2015 |
| Class 10 | <b>How can we create powerful action in our lives?</b><br>Exploring powerful actions.  | 3/23/2015 |

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