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FACTS ABOUT the Center for Living Consciously...

YOU are the source of your experience in life...

The future of your professional and personal life is determined by how well you come to understand and master the forces and dynamics that are shaping it.

The mission of LifeWorks is to:

- Provide the skills and motivation to better your personal life through understanding and mastery of the forces shaping your experience
- Introduce significant skills and insight in creating better mental, emotional, and physical habits
- Increase your consciousness about your life, purpose, and desired outcomes

The most empowering developmental processes increase your understanding of who you are, your purpose in life, and your dreams.

The Living Consciously Curriculum...

Perception, Projection & Deception: Making Conscious Choices / Jun. 10-12

Perception and Deception is dedicated to helping you examine your perceptions, the manner in which you project them onto others and the world, and the simple but limiting ways in which you deceive yourself.

Cathedrals & Brick Walls: Creating Your Future / Jul. 8-10

Cathedrals & Brick Walls provides you with the behavioral technology and opportunity to transform your founding thoughts that have created your life as you know it to be.

Boredom and Electricity: The Relationships Program / Aug. 19-21

Over the course of The Relationships Workshop, you will gain a working knowledge of how your relationships are formed, what makes them wonderful and what makes them break down. Most importantly, the workshops focuses on three primary barriers to successful relationships.

Emotional Intelligence in Daily Living & Working / Sept. 23-25

Examining the 5 basic emotions and how they operate in expressed and repressed states, this program allows you the opportunity to increase the energy, flow, and direction of your mind, body, and emotions.

The 12 Invitations: Creating a New Spiritual Paradigm for Your Life and Work / Oct. 21-23

Completely void of any dogma or belief system, this program is dedicated to examining 12 principles of spiritual growth whose intention is to increase your understanding of consciousness and applying them to your daily life and work.

The Wellness Program / Nov. 11-13

The body is the somatic container of all life experiences and the fixed perceptions of those experiences. The body is the mind manifest. It is a visible roadmap to where you have been. This program increases your understanding of wellness, illness, and what you can do about it.

