

**A Personal and Professional
Development Course
Guaranteed To:**

- ✓ Improve Your Self Confidence and Personal Power
 - ✓ Increase Your Ability to Listen and Be Fully Present in the Here and Now
 - ✓ Clarify Your Life Purpose
 - ✓ Improve Your Understanding of Yourself and Others
 - ✓ Obtain Freedom from Past Obstacles and Healing of Old Pains
- And so much more...

Take It *Lightly* for Emotional Health

Taking It Lightly gives you tools to manage stress and break through barriers that prevent you from having the life and love you want.

The Skills You Gain Will Help You to:

- ✓ Attract & Maintain Higher Quality Relationships
- ✓ Create More Meaning and Joy In Your Life
- ✓ Advance in Your Career, Achieve Your Life Goals, and Feel Satisfaction
- ✓ Rediscover Your Unique Creativity and Childlike Sense of Wonder
- ✓ Be More Effective in Motivating and Gaining Cooperation from Others
- ✓ Be Happier, Funnier, Lighter!

Taking It Lightly will provide you with:

- ✓ An Understanding of Why Your Life Is the Way It Is, and How to Change It If You Want To
- ✓ Certainty in Your Ability to Get the Results You Really Want
- ✓ Personal and Spiritual Growth
- ✓ How to Use Your Power to Help Yourself While Encouraging Others
- ✓ Empathy and Understanding of Others' Emotions and Actions
- ✓ Increased Self Awareness
- ✓ Improved Communications and More Satisfying Relationships
- ✓ Clarification of Direction
- ✓ A Community of Positive-Thinking, Emotionally Supportive Friends of All Ages (10 to 82) Who Are Expanding Their Enjoyment and Enthusiasm for Life
- ✓ Reassessment of Your Life Resources
- ✓ Revitalization & A New Start
- ✓ Related seminars to expand your awareness and joy

Why can Angels Fly?

Because they take themselves *Lightly!*



Early in life we all make decisions about what it will take to survive in the world, both emotionally and physically. Those decisions continue to guide us through life. However, as we grow older those early decisions often serve only to limit and weigh us down.

The good news is those decisions can be identified and changed — without making your past or yourself bad or wrong. Instead of spending your life as the effect of your past, you can re-decide your beliefs about the world and experience being the cause of your life. In changing your perceptions of the world, you can change your reactions to people and circumstances to be more fully in the present moment — more powerful and in control of your results.

Taking It Lightly guides you to mastery of your emotions. You will learn skills for communicating your feelings in ways that are safe, appropriate to your circumstances, and without hurting others. You will also experience compassion and understanding of others' emotions, so you can be closer to others and allow them into your life.

The *Taking It Lightly* weekend is a 30-hour journey of positive growth experiences, including:

- ✓ Conflict Resolution
- ✓ Examination of Life Scripts
- ✓ Assertiveness Training
- ✓ Interpersonal Communications Tools
- ✓ Task and Goal Setting
- ✓ Self-Affirmation
- ✓ Relationship and Social Skills Building
- ✓ Life Celebration
- ✓ Cognitive Restructuring
- ✓ Much more!

Taking It Lightly was created by Patricia Clason out of her life experiences as a participant, instructor, facilitator, trainer, and leader in numerous self-development programs. *Taking It Lightly* accelerates growth of interpersonal skills, healing, and recovery, and is a highly effective adjunct to therapy. The course is offered monthly in Milwaukee, as well as in Madison, WI and Detroit, MI. (Cost may vary by location)

View our *Taking It Lightly* documentary video at www.lightly.com/lightly.html

**Call the Center
or visit
www.lightly.com
for a schedule of upcoming courses
and other programs.**

Would You Benefit from a *Lighter* Life?

Check the statements that are true for you.

1. I sense that I could be happier or more successful than I am now.
 True False
2. I sometimes feel that life is passing me by.
 True False
3. I find myself repeating old mistakes, suffering frequent setbacks or “bad luck”, or re-living/ remaining in unhealthy relationships with significant others or authority figures.
 True False
4. I often think about or talk about unfortunate experiences in the past (for example, losses, missed opportunities, choices made, handicaps, etc.)
 True False
5. I experienced a lot of pain as a child or adolescent, or cannot recall much from that period in my life.
 True False
6. I experience outbursts of anger if I get frustrated by other people, inanimate objects, pets, children, or when I accidentally hurt myself.
 True False
7. I sometimes feel that I am not safe to express my emotions to others.
 True False
8. I would like my relationships with family, friends, co-workers, or neighbors to be closer, more harmonious, positive, and/or productive.
 True False
9. I am ready to take responsibility for my future and realize a significant next step in my personal and professional growth.
 True False

If you checked more than 3 of the above statements as true, the *Taking It Lightly* Weekend Course will benefit you tremendously!
Guaranteed!*

More than 3,000 students have graduated from the course since it began in Milwaukee in 1986. Here are just a few comments:

“As a therapist who has referred clients to the Center, I am awed by the progress my clients are able to make after an intensive weekend. Having taken the weekend myself, I feel an abundance of gratitude for the gifts that I have received, personally and professionally.”

—Margaret Pofahl, ACSW, Psychotherapist

“I am an exacting critic of any trainings I attend. What I would like to tell you is that you did the most excellent job of leading a course that I have experienced in over 10 years of attending personal development seminars. Thank you.”

—Judith Lewis, Sales Trainer

“Taking It Lightly is incredibly well done. It works! Quite apart from being an opening-up, healing experience in and of itself, it clarifies the next steps for personal growth.... In short, I see the course as extremely helpful for either personal growth or as an adjunct to therapy.”

—Chuck Heikkinen, Ph.D., Psychologist

“Taking It Lightly has enabled me to look beyond the daily stress of everyday living.... enabling me to reach deeper within myself to utilize my creative talents.”

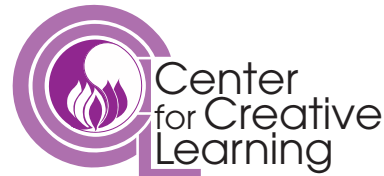
—Judy Jokela, Executive Secretary

“Thank God for Taking It Lightly. Since the course I have become alive, feeling my feelings, sharing with others and living.”

—John Taylor

“The Taking It Lightly course allowed me to get in touch with a deep inner strength.... I am now more sensitive, precise, and creative in communication and other aspects of my business. This course offers so much that it has to be experienced in order to understand its value in all areas of life!”

—Bob Ferrante, Restaurant Owner



Conference Center: 414-383-5433
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Milwaukee WI 53215

Taking It Lightly carries a
100% Unconditional Money Back Guarantee!

Take the next quantum step in your personal development!
Register Now!

Call 414-374-5433 or Toll-Free 800-236-4692

Taking It Lightly Course Schedule

Friday	7 p.m. – completion (approx. midnight)
Saturday	9 a.m. – completion (approx. midnight)
Sunday	9 a.m. – 5:30 p.m. (approx.)
Sunday	6:00 p.m. Graduation Celebration

(Please invite your friends and family to join us in celebrating your graduation!)

Taking It Lightly Course Size Limited to 12 students.

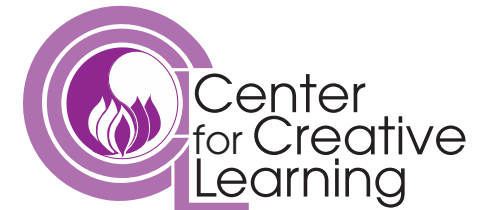
Cost: \$470

A \$200 non-refundable deposit will reserve your place (payable to Center for Creative Learning.) Balance due prior to Friday of the course.

Scholarships are available to those in financial need. Please call for details.

The *Taking It Lightly* 30-hour weekend course fee includes a Life-time, Basic Membership in *Grow in the Light*, an ongoing educational program that includes: Successful Living Seminars, Monthly teleconferences, as well as discounts on related seminars and workshops. This Basic Membership normally costs \$35 per year.

For additional information about *Grow in the Light*, visit our web site: <http://www.lightly.com>



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