

Grow Your Life

WITH

TAKING IT Lightly

A Personal & Professional Development Course Guaranteed To:

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

And
much
more...

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 set-backs 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 more than 3 of the above statements are true for you, then the TAKING IT Lightly Weekend Course will be of **tremendous** benefit to you! Guaranteed!*

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 varies by location.)

Do You Know Why Angels Can 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
- ▶ Assertiveness Training
- ▶ Interpersonal Communications Tools
- ▶ Relationship and Social Skills Building
- ▶ Cognitive Restructuring
- ▶ Examination of Life Scripts
- ▶ Task and Goal Setting
- ▶ Self-Affirmation
- ▶ Life Celebration
- ▶ Much more!

Course Hours

Friday	7 p.m.–completion (approx. midnight)
Saturday	9 a.m.–completion (approx. midnight)
Sunday	9 a.m.– 4:30 p.m. (approx.)
Sunday Graduation Celebration:	5 - 6:30 p.m.

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

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.*

Save \$60! - Register for the **TAKING IT Lightly Growth Package**: The TIL weekend and 5 One-Evening Seminars. Value \$545. Special: **\$485!**

TAKING IT Lightly carries a
100% Unconditional Money Back Guarantee!
Call 414-374-5433 or Toll-Free 800-236-4692

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 & Joy In Your Life
- ▶ Advance in Your Career, Achieve Your Life Goals, & Be Satisfied
- ▶ Rediscover Your Unique Creativity & Childlike Sense of Wonder
- ▶ Be More Effective in Motivating and Gaining Cooperation from Others
- ▶ Be Happier, Funnier, *Lighter!*

Results are Guaranteed—Or Your Money Back!

The key to enjoying a richer, more rewarding life is yours when you take part in a TAKING IT *Lightly* weekend!

Sign up today!

Call today for upcoming dates and prices.



Center for Creative Learning

Offices: 2437 N. Booth Street
Milwaukee, WI 53212

Phone: 414-374-5433

Toll-Free: 800-236-4692

Fax: 414-374-3997

Website: www.lightly.com

Conference Center: 4650 N. Port Washington Rd.
Jefferson Building, Milwaukee, WI 53212
414-332-3656

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
- ✔ Free-for-Life* TUNE-UP Sessions
Whenever You Need Them (Offered Twice Monthly)

Register Now!

Take the next quantum step
in your personal development!†

Course Size Limited to 12. Sign up today.

Special Offer: The Taking It *Lightly* Growth Package:

The TAKING IT *Lightly* 30-Hour Weekend Course plus Five (5) One-Evening Seminars (*There's More to Money than Dollars, Using Your Words Wisely, Creating Healthy Relationships, When Your Word Becomes Law, and Getting What You Really Want*)

Sign up for entire curriculum and save \$60!

* Tune-ups in some cities have a minimal charge to cover expenses.

From Graduates of TAKING IT *Lightly*

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



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