

Want to Make 2025 the Year Your Life Improves?



The Workshop Devoted to Making Your New Year's Resolutions Stick!

In this online, collegial workshop, you will:

- gain insight as to when you are at your best;
- participate in idea-generation both for yourself and other participants;
- respond thoughtfully to questions about your resolutions;
- and develop an iron-clad plan for making your resolutions stick

Optional - you may also choose to continue to receive support from your workshop colleagues when the workshop is over.

11 am to 1 pm both Jan. 25 & Feb. 8

Venue: Online via Zoom

Registration fee: \$40

**Discover more at
findingameaningfullife.com**



**Register at:
<https://bit.ly/3BQi23g>**



with **Dr. Mike Stacey**

- 30 Years helping individuals learn during university classes
- 30 years developing and running corporate workshops
- 11 years experience offering counselling and career coaching
- Professional counselling certification from the Rational Emotive Institute, Manhattan, NY.
- A Master's in Counselling
- A Doctorate in Education