

Thrive! Training



The Thrive! Training offers more than a weekend high. It offers you a map and skills to live the life for which you long.

Of course, you want to thrive! Who doesn't?

But most of us don't thrive—at least, not on a daily basis. We often blame this lack on laziness, incompetence, bad luck, lack of imagination, our parents, the government, or some other misfortune or inadequacy. Truly, the reasons are far more benign.

Actually, we are doing what our brains are designed to do: PROTECT US—even when we are not actually threatened! Unwittingly and unconsciously, our brains make choices based on faulty beliefs and interpretations. Our brains have "design flaws." None of us are immune.

Fortunately, you can learn to thrive. The Thrive! Training—developed through an integration of neuroscience, FIRO theory, evolutionary, Jungian, cognitive, success and positive psychologies—offers a map to thrive.

The foundation of the Thrive! Training replaces survival oriented habits with thriving habits. As Aristotle mused, *"we are what we repeatedly do. Excellence then is not an act but a habit."* Come learn the principles and practices that can help you turn your life into a masterpiece.

Daniel Ellenberg, Ph.D. is the president of Relationships That Work and vice-president of the Authentic Leadership Institute. As a change agent, he plays many different roles: executive coach, trainer, public speaker, group facilitator, author, consultant, counselor, and researcher. He is co-author of *Lovers for Life: Creating Lasting Passion, Trust, and True Partnership* and a contributor to the *Communication Path*. He is the founder/director of Strength with Heart men's groups and seminars. His primary interest is researching and teaching skills that allow people to thrive, rather than simply survive.

2008 Dates: February 8-10, May 16-18, and September 26-28
Times: Fri 7:30pm-10:30pm; Sat 9:30am-10:00pm; Sun 10:00am-6:00pm
Location: Marin, CA
Size Limit: 14
Fee: \$765 (includes lunch and course materials)
Register: www.aleadershipinstitute.com/pdf/form.pdf or 415-883-5600

21 hours of Continuing Education Units available for MFT and LCSW

Authentic Leadership Institute is Partnering with Relationships that Work, to provide continuing education to Marriage and Family Therapists and Licensed Clinical Social Workers. California Board of Behavioral Sciences, PCE No. 2907.