

Schedule and Registration

Event	Day	Date	Time	Fee
Managing Personal Energy[©] Register through: Pathways www.pathwaysminneapolis.org 612-822-9061	Sat	1/10/2015	10am-12pm	----
Mapping Your Energy[©] Register through: Pathways www.pathwaysminneapolis.org 612-822-9061	Sat	2/07/2015	10am-12pm	—
Understanding Personal Boundaries[©] Register through: Pathways www.pathwaysminneapolis.org 612-822-9061	Sat	3/07/2015	10am-12pm	—

Managing Personal Energy[©]

Everything is energy including you. You are constantly directing your energy and reacting to the energy of others. Your personal energy is your power. Through class experience and discussion, you get in touch with your power. Developing awareness and skills to direct and manage your reaction to energy can help you create the results you want in your life.

Mapping Your Energy[©]

Energy is the power to make things happen in relationships, home, work, play and communities. Your core is your power base of energy. Energy aligned with your core creates greater joy, meaning and satisfaction with life. An energy map provides a big picture view of how you invest your energy in alignment with your core attributes.

Understanding Personal Boundaries[©]

Personal Boundaries create a sense of who we are in relationship to others. They contribute to our safety and self-esteem. And yet many do not have a sense of their own boundaries or how they are set. Understanding and establishing personal boundaries empowers you to invest energy in those areas of your life that you can control. Through class discussion and experiences, discover your boundaries and learn skills in how to manage them.