

# Calgary Life Enrichment Centre presents a new course

## RESOLVING MAJOR PERSONAL CHALLENGES

Connecting with real solutions for five tough human problems  
facing good people living in today's culture

- When:** Five Wednesday Evenings, April 2, 9, 16, 23 & 30 '08
- Time:** Starting at 7:30 p.m., ending around 10:00p.m.
- Where:** Fairmont Palliser Hotel, 133 - 9 Avenue S.W. Downtown Calgary
- Who:** Participation by pre-registration only. Please use the form below
- Presenter:** Dr. Herman Aaftink, director of our Centre & author of  
"BRAND NEW ME - The Art of Authentic Living"
- Format:** Introductory talk, followed by discussion in a relaxed atmosphere.

This program shares skills to transform distress, anger & depression into confidence, contentment & peace of mind

### Course Outline:

- April 2** **THE CHALLENGE OF LOSS.** - No words can describe the devastation inflicted upon us when the person we love so much is no longer there. Tonight's message is for those who are acquainted with grief as well as those who desire to console and comfort folks who are hurting. There is help. There is healing. There is release. There is also a moving forward.
- April 9** **THE CHALLENGE OF CONFRONTATION.** - How much easier life would be if it weren't for all the disagreeable, anti-social, self-centered, uncivilized people we run into continually. Don't forget that you have the power to change, modify & influence situations for the better. But, we need to become aware of these potential skills & then learn to apply them.
- April 16** **THE CHALLENGE OF WORRY.** - When faced with all the possibilities of things going wrong for our loved ones, ourselves & the world is it any wonder we lose sleep & keep thinking about an uncertain future? Tonight, together, we'll find a way out, without losing our sense of responsibility & compassion. What a relief it will be, at long last...
- April 23** **THE CHALLENGE OF FORGIVING.** - When there's a lot of anger, even a close friend may appear annoying. Yet if we harbor hateful thoughts, even if they seem justified, we ruin our health & happiness. There is a path of reconciliation without whitewashing; of letting go of grudges & a desire for revenge. We can return to trust, gratitude & acceptance...
- April 30** **THE CHALLENGE OF MEANING.** - Based on Herman's recent seminar with Chief Executives & Company Presidents, we explore answers to the really big questions, such as why does the Universe go to all the bother of existing & why are we here & what is the nature of God & can spiritual & scientific perspectives be reconciled? You don't want to miss this one!

### REGISTRATION FORM

Please enroll me in the Spring '08 Course on Resolving Personal Challenges  
My contribution of \$100.00 to Life Enrichment Centre is attached.

Name: .....

Address: .....

Telephone No's: .....

Leave this form with your cheque at our book department or mail to:

**Life Enrichment Centre**  
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Calgary, AB T2V 0X6

Please Note: if you are taking this Course by Correspondence & audio cassette tape, Check here: