

Transform[ED] Living

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What's Happening This Fall at BRC

NEW DATES!!!

Summer Institute - Introduction to Anger Solutions (Online Course)
<http://www.tapestudies.ca> for details.

September 3 - 5, 2008

Canadian Association of Anger Solutions Professionals 1st Annual Retreat. You don't want to miss this All-Inclusive getaway, with our fabulous speakers in a serene, tranquil setting. 3 rooms still available!
[Register Now!](#)

October 3, 2008

Stress Busters! Full day workshop choc full of tips and tools to help you begin reducing stress immediately! Use the coupon code below to save 25%. [Register Now!](#)

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Greetings!

It is almost mind-boggling that the summer has flown by and we are already thinking about going back to school. I will be returning to school literally, as I go back to teaching lifeskills, and facilitating a new round of online courses this September. My twins are starting high school - my daughter, university. School for me will not be limited just to teaching - but to learning how to be a parent of secondary and post-secondary students - how to be a mom to my daughter when she is in Toronto and I am left here...

No matter who you are, or what stage of life you find yourself in, there are opportunities for growth and for learning. It is a long standing joke with me that I got my PhD from the school of hard knocks - if that is true, sometimes it would seem that my post-graduate studies will continue for a long time to come!

What opportunities for growth and learning are presenting themselves to you? As we reluctantly pull ourselves out of lazy summer mode and prepare to get back into the thick of our work, let's not forget that the best learning opportunities often present themselves when we least expect them. Embrace those teachable moments when they arrive; you'll be a better person for it.

Angry Kids - Angry Schools: What Can Be Done?

How to Help Kids Resolve Anger

As I write this, I am putting the finishing touches on a new program: "Anger Solutions for Kids", which will be launched in



October 24, 2008

A.M. Time Management for Real People

P.M. Conflict Resolution Skills

Full details on these programs and registration information is available by clicking [HERE](#). Use the coupon code below to save 25%.

November 12 - 14, 2008

Anger Solutions Train the Trainer - Fall Session. White Oaks Conference Resort and Spa in Niagara-on-the-Lake. To Register, Click [HERE](#). Use the coupon code below to save 25%.

20th Century: Pain Management

21st Century: Accelerated Health
by Dr. Pat Maddalena

Are you in pain?

Do you want to be healthy again?

Pain relief is a call away: **(905) 684-2000**

Accelerated Health & Wellness Centre welcomes LiV personal training studio to the centre.

Accelerated Health & Wellness Centre is located at 22 Geneva Street, Unit 2

[Visit The Site](#)

Stress Less In 27 Days

When stress from my job landed me in the hospital for major surgery, I realized just how powerful stress that goes unchecked can be. I had been teaching "Stress Busters" for a few years already, but to be honest, I wasn't always practicing what I preached. After recovering from my surgery and returning to work, I decided to work harder at eating properly and taking care of my fitness - then another blow: I was diagnosed with high blood pressure. It didn't take long to come to the understanding that Stress Less living is a must in order to maintain optimal health, and to be able to cope with the multitude of physical, environmental, emotional, and intellectual stressors that impose themselves on our daily lives.

Research tells us that the cost of stress-related illness to Canadian business is soaring at a whopping \$36 Billion per year. In the U.S., it has become such a

Port Colborne this fall.

WHY? Because over the last 12 months or so, I have been moved and troubled by the rash of schoolyard violence taking place in playgrounds across Ontario, Canada, and indeed, the world. Take for example, the story from last winter of the 12 year old girl who punched an 11 year old boy in the chest after he defended his "girlfriend" to her. The boy, suffering from a congenital heart disease, died from the blow. With simple conflict/anger resolution skills in place for both children, this tragedy might have been avoided.

[READ THE WHOLE ARTICLE HERE](#)

Anger Solutions for Kids will begin running in Port Colborne the first week of October. Children aged 9-12 are welcome to attend. There is a minimal fee associated with this program.

If you would like to learn more about Anger Solutions for Kids, please visit <http://www.angersolution.com/transformed.php> for details.



Teachable Moments

We Are All Straight A's At This Moment ...

by Guest Columnist, Tim Cork

When my son was sixteen, a friend asked him whether he has ever been a straight-A student. His reply was, "In grade school I had straight A's." The friend then asked him if he was still a straight-A student. He replied, "Yes, because at the start of each school year we all start out with straight A's."

Your present needs to be your focus. You are now, at this moment, a straight-A person, student, or parent. As soon as you believe and start acting like one, you are one. The past is just experience to build from. As my son came to realize, it's after the first few days of school that you either maintain your straight A's or settle for something less.

It all stems from your attitude and how it flows into your aptitude and how together they fuel your action.

**"And will you succeed?
Yes! You will indeed!
(98 and ¾ percent guaranteed)"**

-Dr. Seuss

Tim Cork is the President of NexCareer. This "teachable moment" is excerpted from his book, Tapping The Iceberg, (now available at Amazon.ca and [Chapters](http://www.nexcareer.com), www.nexcareer.com or www.timcork.com) The book focuses on helping you unleash your possibilities through Tim's Straight A's philosophy in life ... Attitude, Aptitude & Action.

Do You Set Goals but Rarely Reach & Keep Them? I don't care if you're the laziest person alive...

If you just can't get yourself to do what you must do, if your willpower and persistence always seems to fizzle out, then join people from 54 countries who are now using the new paradigm in personal growth. Free course. Join the single largest personal coaching ezine in the world. Click here to learn about it all...
<http://www.thinkrightnow.com/cmd.asp?Clk=2535852>

concern that larger corporations have spent the last several years crunching the numbers to see how they can turn the tide of sick leave/LTD benefit payouts before their companies go bankrupt. Stress Less in 27 Days was written to share some of the simple, practical, and easy-to-use stress busting tips that I now consciously incorporate into my daily lifestyle. It is written in my typical conversational style, and not only tells you what to do to decrease or transform your stress - it shows you how to do it.

Order Stress Less in 27 Days today, visit www.angersolution.com/products.php.

This Fall, BRC is launching a rash of new programs - Transform[ED] Classes in London, Ontario and Niagara Falls, Ontario - and Anger Solutions for Kids, to name a few. (<http://www.angersolution.com/transformed.php>)

To kick off the autumn season, myself and like minded Anger Solutions Trainers and Practitioners will be gathering in Barrie, Ontario for a well-deserved retreat - with a great mix of educational, entertaining, and enlightening workshops. (<http://angerproretreat.eventbrite.com>).

The theme for this event is "**Igniting Your Passion**" - and it is so true that even the most passionate of us sometimes need a fresh spark and an infusion of clean oxygen to get our fires burning bright again. I know I speak for all who plan to attend - this has been a long time coming, and I personally cannot wait to see what greatness will grow out of this First Annual Retreat.

Here's a final thought from Martha Graham: "*Nobody cares if you can't dance well. Just get up and dance. Great dancers are not great because of their technique, they are great because of their passion.*"

Here's to all of us - finding and learning new ways to ignite our passion.



Julie Christiansen
BODA reLEAF consulting

**Save
25%**

SAVE 25% on any of BRC's public events happening between September and December 2008! Quote this Code: BRC0912. Fall events include: Stress Busters (Oct. 3rd), Time Management, and Conflict Resolution (Oct. 24th), and Anger Solutions Train the Trainer (Nov. 12-14th). Some conditions apply. Visit <http://www.angersolution.com/announcements.php> for full details.

Offer Expires: December 31, 2008

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