

**THE META INSTITUTE
FOR PERSONAL GROWTH**

- » PERSONAL GROWTH
- » MARRIAGE ENRICHMENT
- » STAFF DEVELOPMENT

ENROLLMENT IS LIMITED.

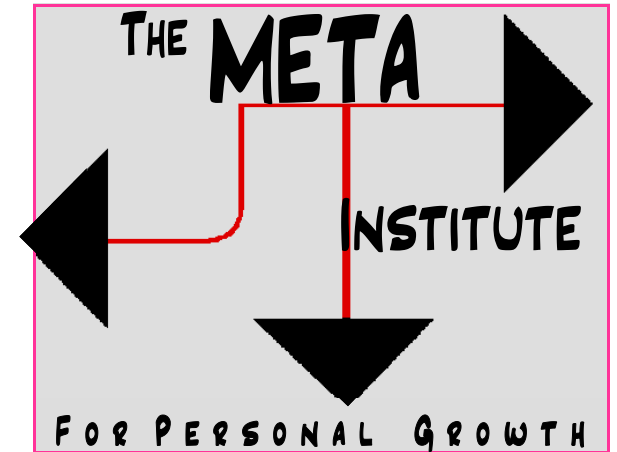
SIGN UP TODAY!

*Effecting Change
Through Community Building*



THE META INSTITUTE FOR PERSONAL GROWTH

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**INFORMATION
BROCHURE**

Do you know anyone who:
Feels alone?
Doesn't know where life is going?
Struggles with relationships?
Has too much pain in his/her life?
Is lost?
Angry?
Unable to forgive?

PERSONAL GROWTH

Along Life's Journey© goals are: *to teach basic tools for living healthy lives, to accept individuals where they are, to awaken them to the universal pain and brokenness of the human condition, and to move them toward community and reconciliation.*

Participants are encouraged to share only what they are comfortable in disclosing, define their own goals and move at their own pace. Along Life's Journey© invites reflection, but does not attempt to "fix" people or force them to work on "perceived" issues. Instead, its goal is to look beyond behaviors to the core being and to affirm each person as a unique human being with great value and significance.

This workshop is presented in a 2-hour, 9-session format. Participants develop and practice skills in effective communication and acceptance of self and



others. They learn how to deal with anger, guilt, isolation, pain and forgiveness. Above all, individuals learn that they are not alone and have the opportunity to connect with others in a safe environment.

If you know anyone who feels like you he/she tried everything else and nothing is working for them, Along Life's Journey© is the workshop for them.

Note: Along Life's Journey© is not a substitute for professional counseling services.

MARRIAGE ENRICHMENT

Walk With Me© is a Marriage Enrichment Workshop presented in a 2-hour, 10 session format. The workshop is designed to assist couples in developing and practicing tools for healthy communication. An inventory is given to identify the couple's strengths and areas where work is needed. The inventory is completely confidential and it is used as the foundation for the workshop. Participation in the Along Life's Journey© workshop is a pre-requisite to signup for this workshop.



Note: Walk With Me© is not a substitute for professional marriage counseling services.

COST

The META Institute for Personal Growth is a 501(c)(3) non-profit organization*. Cost is based on a sliding scale and takes into consideration the person's income-to-debt-ratio.

LIVES ARE CHANGED!

Personal growth is directly proportional to the effort the person puts into the workshop. Since the main objective of the workshop is to bring healing through community building, participants will experience growth in different degrees and at different levels.

STAFF DEVELOPMENT

The META Institute for Personal Growth also offers Team Building workshops for organizations that want to develop or enhance their team building. Our Half-Day "META-morphosis" Workshop allows individuals to explore and define their roles as part of a healthy team. Healthy teams often translate into higher productivity and sense of accomplishment.

Our workshop can be tailored to the organization's time availability and specific needs.



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*A CALIFORNIA 501(c)(3) PUBLIC BENEFIT CORPORATION