

Humility

Patience

Contentment

Delight

Kindness

Honesty

Generosity

Right Speech

Respect

Forgiveness

Gratitude

Loyalty

Aspiration

Principles

Service

Courage



16

GUIDELINES FOR LIFE

TOOLS FOR PERSONAL
AND CULTURAL CHANGE
with Craig Mackie

*The 16 Guidelines for Life are about making life more meaningful. They offer tools to increase **awareness** of your world and **intention** towards it. They are taught so that they will deepen your personal values while challenging you to consider your world and the happiness of others.*

Saturday April 18th, 9am - 4pm

Sunday April 19th, 9am - 4pm

57 Fox Run
Wakefield, Quebec

Brought to you by Essential Change

THE WORKSHOP

Over the course of two days, through guided mindfulness exercises, group discussion, and experiential exploration, participants will examine the 16 Guidelines from Humility to Courage, deepening their understanding of what they mean and how they might be of use in their lives.

PARTICIPANTS WILL RECEIVE

- Tool kit consisting of a personal exercises and educational resources detailing the philosophy and origins of the 16 Guidelines.
- Access to on-line resources and Essential Education community
- On-going support from the facilitators for working with the 16G in your life and community as well as a path to become a 16G Facilitator
- 16 Guidelines for Life book
- 16 Guidelines Exercise Cards

FEES AND REGISTRATION

\$120

Please inquire about rates for students, youth, low income earners and in-kind trades.

Maximum participants:
12 (with waitlist)

To register and for further enquiries email:

craig@essentialchange.net

16G

www.essentialchange.net
www.16guidelines.org

This workshop is endorsed by the Foundation for Developing Compassion and Wisdom, whose patron is His Holiness The 14th Dalai Lama,
www.compassionandwisdom.org