

## Take Control of Your Life. Change Your Habitudes™, Change Your Life

### A One-Day, Personal Development Event

Saturday, October 28, 2017  
Sturbridge, MA

Are you ready to take your life to the next level? Then it's time to Change Your Habitudes™ — those persistent ways of thinking and acting — that are holding you back! Negative thinking patterns can limit the quality of life you desire. Learning how to transcend those limitations is key to achieving your goals and getting to that next level in your life.

"I really enjoyed the entire day, and got so many amazing insights from the program. It is rare that you have the time - or make the commitment - to doing something completely for you. This program made a big impact by combining the science and emotion of habits with the great interactive exercises to really imprint the teaching of the day." ~ C.T., attendee, June 10, 2017  
Change Your Habitudes, Change Your Life Workshop

Resilience strategist Rita Schiano has limited this hands-on workshop **to 20 attendees to maximize the personal experience**. No just sitting back and listening, you will be participating! Registrants will receive preparatory information prior to the event to gear up for the day. After all, what is the sense in attending a life-changing program if you don't come away with an action plan, right?

**9:00 – 12:00 Morning Session:** How You *Got* Where You Are; How to *Get* Where You Want to Be (with Rita Schiano)

In the morning session Rita will focus on

- How we create and attach meaning in our lives
- The Six Basic Human Needs — Which are driving you?
- Uncovering the Negative Habitudes™ holding you back
  - Key decisions that direct your actions
- Strategies for releasing those negative thought patterns
  - Breaking the cycle through reframing
- Resilience strategies for strengthening the Positive Habitudes™ necessary to frame the life you desire

#### Afternoon Sessions:

**1:30 - 3:00 Creating Your Vision Board** (with Marcia Lucia Frangiosa)

The purpose of a vision board is to get you focused on your goals and on what you want to achieve in life. It is tool and a technique for formulating and manifesting specific goals.

#### Why create a vision board for your business?

Here's what a TD Bank  
Survey of over 500 small  
business owner found:

- 63% believe visualizing helps them map out and develop business plans.
- 82% who used a vision board since startup say they have accomplished more than half their goals.
- 76% who used vision boards and images to create their companies say their businesses are where they envisioned them.

There is a link between what you put your attention on and what you are able to create in your life. By putting together a vision board, you are cementing in your mind how you truly envision your life.

*"Create the highest, grandest vision possible for your life, because you become what you believe." ~ Oprah Winfrey*

Visions Boards are one of the most powerful tools in the Law of Attraction and Creative Visualization process. That's why more and more businesses create vision boards for success.

### **3:15 – 4:30 Mind Mapping for Creativity and Clarity** (with Rita Schiano)

Mind mapping is a creative and highly effective graphic technique for getting information in and out of your brain. By creating a diagram that connects ideas and related thoughts around a central subject, a mind map literally "maps out" your ideas in a visual way.

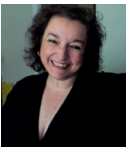
*"Imagination is everything. It is the preview of life's coming attractions." ~ Albert Einstein*

### **4:30 – 5:00 Wrap Up** (with Rita and Marcia)

"Great transformational program. Real 'take home' skills will make a difference in the way I approach life and change habits that don't serve me. Thanks for an amazing experience, and full of humor, too!!!" ~ L.J. S., Attendee, June 10, 2017, Change Your Habitudes, Change Your Life Workshop

#### **Included in the Program Fee:**

- Continental Breakfast
- Lunch
- Vision Board Materials (although you are encouraged to bring magazine, pictures, photos for your vision board)
- Mind Mapping Materials



**Rita Schiano:** Resilience strategist and coach, speaker, and founder of Rita Schiano ~ Live A Flourishing Life, Rita has helped thousands of people build resilient leadership skills, manage stress, and develop strategies for tackling challenges and for accomplishing their most important goals, interests, and needs. Rita received her Strategic Intervention Coaching Certificate from Robbins-Madanis Training, the official coach training school of Anthony Robbins.

Rita is the author of several books, including *Live A Flourishing Life*, a stress management and resilience-building process workbook; the critically-acclaimed, semi-autobiographical novel *Painting The Invisible Man*, and *Sweet Bitter Love* and articles for *The Huffington Post / AOL Healthy Living*, the *Worcester Business Journal*, and guest blogger for *Psychology Today*. She is a Professional Member of the National Speakers Association, as well as the New England Chapter of the National Speakers Association.



**Marcia Lucia Frangiosa:** Businesswoman, mother, and author, Marcia has owned two very successful businesses; and as a realtor, she has achieved the Multi-Million Dollar Producer Award, the Gold Circle Top Producer Award, and was a recipient of the prestigious International Diamond Society Award.

As a small business / life coach, Marcia has taught numerous classes about the Law of Attraction and creating Vision Boards for success. Her most recent achievement is the publication of her book, *Queen of Hearts: Attracting Love, Plain and Simple*.