

Select Your Level of Personal Commitment

Register online at
www.ritaschiano.com or
 register by phone at
 508-347-7237

Register By
 April 30 and Save!!

| Select Your Level of Personal Commitment | | | | | | |
|---|-------|---|-------|---|----------|---|
| Featured Benefits | Basic | <i>SAVE \$\$</i> Early Bird Register by April 30, 2012 | Gold | <i>SAVE \$\$</i> Early Bird Register by April 30, 2012 | Platinum | <i>SAVE \$\$</i> Early Bird Register by April 30, 2012 |
| 6 - Hour Ignite Your Resilient Spirit Workshop | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Live A Flourishing Life Workbook | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Relax and Flourish CD | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Lunch | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| Firewalk Experience* (2 - hour workshop) | ✓ | ✓ | ✓ | ✓ | ✓ | ✓ |
| 1-month unlimited e-mail support | | | ✓ | ✓ | ✓ | ✓ |
| One (1), 45-minute Follow-up Mentoring Session | | | ✓ | ✓ | ✓ | ✓ |
| Three (3), 10-minute follow-up calls | | | ✓ | ✓ | ✓ | ✓ |
| Two (2) <i>Additional</i> 45-minute Follow-up Mentoring Sessions <i>3 Sessions in Total!</i> | | | | | ✓ | ✓ |
| Three (3) <i>Additional</i> 10-minute follow-up calls → <i>Total 6 Calls!</i> | | | | | ✓ | ✓ |
| Investment | \$450 | \$275 | \$595 | \$420 | \$825 | \$650 |

The Schedule

Ignite Your Resilient Spirit Workshop
 Saturday, May 19, 2012
 Sturbridge, MA

11:00 a.m. – Registration (Location of Sturbridge workshop to be announced.)

11:30 a.m. – Workshop begins

2:30 p.m. – Lunch break (provided)

3:15 p.m. – Workshop begins

4:30 p.m. – Break (snack provided)

5:30 p.m. – Leave for Firewalk

(Green Acres Field in Brimfield, MA)

6:00 p.m. – 8:00 p.m. – The Firewalk Experience Workshop*

*A person's state of mind is the crucial factor in firewalking. Prospective firewalkers are counseled to avoid walking on the embers until they take a moment to look inside themselves at all the conflicting inner voices. Some voices will be saying, "Don't walk!" and others will be saying, "Walk!" **YOU, ULTIMATELY, WILL MAKE THE DECISION TO FIREWALK.** Listen to your inner voice, and pay attention to the state of your body.



RITA SCHIANO
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 CONTRACTING

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Ignite Your Resilient Spirit — Body and Soul
 One-Day Workshop
 Saturday, May 19, 2012
 Sturbridge, MA

Are you ready to challenge yourself?

Are you ready to live a more flourishing life?

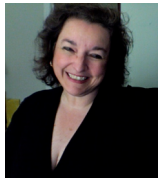
Keynote Speaker • Author • Trainer & Coach

Rita Schiano

www.liveaflourishinglife.com



“Rita helped me identify areas of improvement and gave me guidance on how to develop resilience within my own life.” ~ Attendee



Rita Schiano has inspired thousands of people — from

the classroom to the boardroom — sparking their inner resilient spirit into a roaring bonfire within.

And now she has created a ONE-DAY Workshop packed with information and guidance to help you live a flourishing life!

Ignite Your Resilient Spirit is a twofold process affecting body and soul.

Throughout this workshop, you will . . .

- Develop the skills, mindset and strategies needed to live a flourishing and significant life
- Explore your backstory — the long-standing attitudes and habits that have influenced your life
- Create a workable plan to manage the challenges that come your way Uncover the building blocks to strengthening and maintaining your resiliency
- Learn to live healthily – understand stress and its effects on your health
- Strengthen interpersonal relationships – improve your communication skills to enhance your relationships
- Gain insight and assistance that will guide you towards actionable, positive changes affecting all areas of your life



Included!
A \$39.95 value!

BONUS!! **The Firewalk Experience!**

Now you, too, can say, “I am a firewalker!”

You've seen Tony Robbins do it ... You've watched Oprah walk on fire and Rita faced her fear and walked on fire, too!



On May 19th,
you can take
the Ignite
Your Resilient
Spirit Experience
to the next level!

Firewalking instructor Dennis McCurdy has agreed to extend a special offer to Rita's workshop attendees on May 19. You will go from the Ignite Your Resilient Spirit workshop right to the Firewalk Experience!

Beginning at 6:00 p.m., Dennis will lead us through the Firewalk Experience, starting with the building of the fire, a “face your fear” empowerment workshop, and culminating with the firewalk.