

*What are the benefits to individuals who attend?*

Most career-oriented workshops take your interests and abilities and try to match them to a specific job or career. *Your LifeWork* helps participants understand themselves in deeper ways. Participants help individuals answer a series of key questions: Where Did I Start? Where Am I? Where Am I Heading? Where Do I Want To Go? Is This Realistic For Me?

*Your LifeWork* guides you to:

**BALANCE LIFE AND CAREER GOALS**  
**IDENTIFY YOUR TRUE VALUES**  
**EXAMINE YOUR BEHAVIOR AND ETHICS**  
**DEVELOP A PERSONAL MISSION STATEMENT**

**Cost:** Tuition to the 2-day intensive *Your LifeWork* training workshop is \$250. This workshop will train participants to be *Your LifeWork* facilitators.

**Your Lifework Facilitators:** Training as a *Your LifeWork Facilitator* will enable you to conduct *LifeWork* Workshops and Groups. Trained *Lifework Facilitators* can purchase all necessary materials at discounted prices.

**Two-Day LifeWork Training Workshop**  
**Feb 28 & 29, 2008 at the HI-Select**  
**9:00 am to 4:00 pm each day**

**Holiday Inn Select**  
**2200 Elm Hill Pike**  
**Nashville, TN**

Special rate: mention the Lifework Seminar  
Also available: gov. rate

**Room information & reservations:**  
**Call (615) 883-9770**

To register or obtain more information on  
the *Your Lifework* seminar at Nashville:

call **Kenneth Baker**  
**(615) 668-2229**

Check our website for coming seminars:  
[www.moral-reconation-therapy.com](http://www.moral-reconation-therapy.com)

**Your LifeWork**

An Employee Development,  
Career Exploration, &  
Personal Discovery Seminar

**YOUR**  
**LIFEWORk**

**FINDING YOUR PURPOSE,**  
**PRINCIPLES, & MISSION**

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**Two-Day**  
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**Workshop:**

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**Holiday Inn Select-**  
**Opryland /Airport**  
**Nashville, TN**

# **YOUR LIFEWORK**

## **FINDING YOUR PURPOSE, PRINCIPLES, & MISSION**

*Your LifeWork* is a 12-hour workshop designed to lead participants through a deep exploration of their work behavior and career ambitions. The unique program allows individuals to make evaluations of their personality and learning style and compare these to their present life. Participants utilize a take home workbook and several interpreted questionnaires. The workshops conducted by ATA are held on two consecutive 6-hour days. Completion of the ATA workshop will qualify participants to conduct *Your LifeWork Seminars* with others. Individuals who are trained as *Your LifeWork Facilitators* can obtain seminar materials and conduct the workshop over two days or as a weekly group meeting for 2 hours per session over 6 sessions.

The program is a series of structured, written exercises that explore behavior, attitudes, feelings, and goals related to work, career, coworkers, hobbies, interests, family, and day-to-day life. Participants must be willing to engage in self-reflection and share some of their thoughts with others.

### **Who Should Attend?**

Business Owners & Supervisors, Human Relations Professionals, Career Counselors, Employee Development Staff, and Mentors will find the seminar useful for themselves personally, but they can then conduct the same seminars with others. Anyone who is interested in better understanding their career choices and wanting to do more in their lives will find it beneficial.

### **Common Questions & Answers**

#### ***Why should I attend?***

If you are a business owner, supervisor, human relations professional, mentor, or counselor you can conduct the seminars with your own employees or clients after completing the workshop. Anyone in a job or on a career path—or a person considering making changes—will find it very useful. It is human nature to seek more in life—more money, more things, and more security. But making decisions on the basis of wanting more can lead to decisions that produce unhappiness. The seminar directly confronts this issue.

#### ***Why would a business send its employees to Your Lifework?***

Employees sometimes develop bad habits and bad attitudes. Although most people in jobs learn to cope with these problems in one way or another—to keep their job—they don't perform as well as they could. They aren't happy and simply try to make it through the day. Your Lifework directly confronts work behavior and attitudes.

#### ***Will we lose skilled employees as a result of this workshop?***

The reality is that underpaid workers and employees who are truly mismatched to their jobs may well leave. You might have a problem employee decide it is best to move on. But providing personal development programs can be a way to retain employees and reenergize those who have become complacent. An attitude adjustment and conscious change of habits can often turn problem employees into ideal employees.

#### ***What are the benefits to companies?***

There are a host of possible benefits to businesses that send employees through the seminar. These include:

**Enhanced Employee Satisfaction**  
**Increased Worker Cooperation**  
**Increased Worker Productivity**  
**Reduce Unnecessary Sick Time**  
**Align Employee Behavior  
& Attitude To Company Goals**

#### ***Can participants get unrealistic expectations as a result of Your LifeWork?***

The problem with this question is the word unrealistic. In an organization where there is no room for advancement, the real problem is that they may actually become realistic about their chances for advancement. On the other hand, many workers have career expectations that are too low. Others are just drifting in their work and career.