

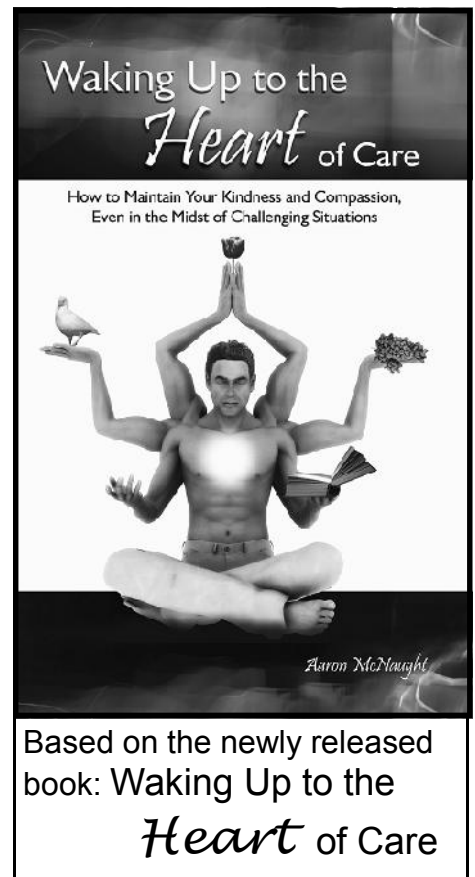
The last 2 events **SOLD OUT!**

# 4 Keys to *Re-engaging* Your Work, Your Love and Your Life

With Author, Nurse and Life Coach,  
Aaron McNaught (AKA the Wake Up Guy)

Finally, a ***practical yet profound*** event  
for **Caring Professionals**, educators, parents,  
leaders, lovers, and anyone else who  
cares about **HOW They Care.**

**Space** for this event **is limited** and takes place on  
September 12, 7:00 pm to 8:30 pm at the Black  
Knight Inn, Red Deer, Alberta, Canada.



**Some of the Take-Away Benefits Include:**

[www.wakinguptolife.com](http://www.wakinguptolife.com)

- ✓ **Dramatically improve** your ability to deal with the stress, frustration, impulsiveness and the emotional reactivity that comes between you and those you care about...
- ✓ **Discover the skills and practices of the compassionate arts** that allow you to live your life from deep within your heart, connected to others and full of joy... (**strangely**, we are NEVER taught how to care **about** others)
- ✓ **Learn to silence the life eroding 'self-talk'** of your chatty mind, just by looking at it... (like my Dad used to do to me when I was out of line)
- ✓ **Find out how you can get paid to improve** your personality, your life, your job, and your relationships, all while touching the lives of those around you...
- ✓ **Learn how to manage** workplace gossip, backbiters, abrasive personalities, energy vampires, and other potentially harmful characters...
- ✓ **Understand why your ability to manage your attention** is the most powerful skill you will ever learn, period!

**To register or for more info go to [www.wakinguptolife.com](http://www.wakinguptolife.com)**

# Learn to Silence Your Chatty Mind, Open Your Closed Heart, and Live Your Life Connected to Your Deepest Experience... Every Day... For Real!

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## Here's what they're saying about Aaron the Wake Up Guy:

If you are looking for something new and powerful, this is it. Aaron's message helps me to look at reality in a different way. This unique marriage of Eastern philosophy & Western teachings delivers a profound message. ~ **Cathy Fenwick, Author of Healing With Humour**

Aaron it was a pleasure to be reminded of having an open mind and open heart. Thank you for the practical applications, simple demonstrations to be awakened.

~ **Tracy McKenzie, R.N., Regina Qu'Appelle Health District**

Aaron shares his insight, honesty and compassion straight from the heart. Anyone exposed to his work will come away feeling his passion for what he is teaching.

~ **Shannon Duncan, Author of Present Moment Awareness**

You are very interesting, fun, and also really bring from the heart the real meaning of life. This was very powerful, hopefully I can use this to make life a better place.

~ **Della Thiemann, Saskatoon Health Region**

Aaron is a very captivating speaker and teacher of something that is truly NEW to many. He is a rare individual that I hope to see on Oprah and say, "I know him!" !

~ **Anne Stone, Founder of Women In A Home Office**



As a nurse I can see that Attention Training is a skill that is beyond equal, and should be made part of basic training for nurses and all care providers. ~ **Derrick Whyte, RPN Sun Country Health Region**

I appreciated your very practical presentation of something that is actually very profound. Excellent! ~ **Nikki Sebesten, Volunteer Coordinator, Red Deer Hospice Society**

Aaron speaks with a **clarity and depth** that is as precious as it is rare. Pulling words from awareness and sharing them with the willing, an encounter with Aaron can be life changing. My highest recommendations. ~ **Marlin Marynick - Registered Psychiatric Nurse - Regina Qu'Appelle Health Region.**

Aaron McNaught speaks with a **passion and understanding that captivates you**. His teachings are **profound** and will cause you to look at everything in your life - including the very core of who you are - in a whole new way. Time spent with Aaron is time well invested in your Life. ~ **Judy Andrekson - Educator, Elk Island Public Schools**

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