

The last three events **SOLD OUT!**

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

With Nurse, Life Coach, and Author of 5 books
Aaron McNaught (AKA the Wake Up Guy)

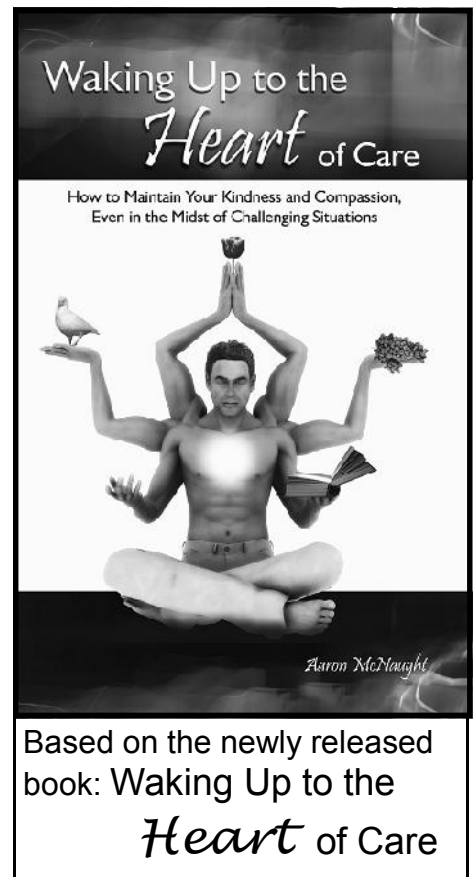
Finally, a ***practical yet profound*** event for **Caring Professionals**, educators, parents, leaders, lovers, and anyone else who cares about **HOW They Care.**

These talks takes place on Monday February 6th, 1900 to 2000 and Tuesday February 7th, 1400 to 1500 at the Level 3 Lecture Theatre, Medicine Hat Hospital, Medicine Hat, AB.

Fee is \$20.00 with all proceeds going to the Medicine Hat Health Foundation

Some of the Take-Away Benefits Include:

- ✓ **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!



www.wakinguptolife.com

To register or for more info go to 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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