

Are You Ready to Take the Next Step Toward the New You?

Learn the Ways of the World's Wisdom Traditions, Quiet Your Mind, Open Your Heart and Share Your Deepest Gifts With the World with Transformational Speaker, Author and Nurse, Aaron McNaught, based on his 5th book entitled:

Waking Up to the *Heart* of Care

How to Maintain Your Kindness and Compassion,
Even in the Midst of Challenging Situations



Aaron McNaught

A 'How To' Workshop for a Life of Superior Functioning, Deep Fulfillment, Meaningful Interactions and Stress Free Productivity. For Nurses, Care Providers, Educators, Social Workers, Leaders, Parents and *Anyone Else Who Cares About HOW They Care.*



Dramatically enhance your job satisfaction, allowing you to rekindle your passion and joy for your work ...



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 (**I laugh every payday, because I know this secret**)



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)



Become the **world's #1 expert on yourself**, while learning to function at your best and share your gift's with the world.

The special fee for this workshop is **\$77.00**, includes a copy of the **Waking Up to the Heart of Care Workbook**, and will serve you as a lifelong guide for creating the conditions for endless exploration in your career as a **Caring Professional**.

Seating is limited to 20 and past events have sold out.

Mark your calendar and don't miss this transformative event,
Saturday Oct 1, 2011, 11:00 am - 3:00 pm, Black Knight Inn, Red Deer, AB.

Register online at www.wakinguptolife.com or send a cheque to Aaron McNaught Education/Consultations, #2, 4917 48th St. - Red Deer, AB. T4N 1S8

Pssst...
You Awake?

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Suite #2, 4917 48th Street
Red Deer Alberta, T4N 1S8

For more information or group rates call 403.346.4882 or toll free 866.593.3040

Registration Form: **Waking Up to the Heart of Care with Aaron McNaught,**
Saturday, Oct. 1, 2011 - 11:00 a.m. - 3:00 p.m.
at the Black Knight Inn, Red Deer, Alberta

Registrants _____ x \$77.00 _____ + GST = _____

Contact Name: _____

Organization: _____

Phone: _____

Email: _____

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

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**

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**

Aaron has fashioned a practical understanding of the human condition that is not only valuable, but personally inspiring. His knowledge is his art and his art is his life. Who better to lead us than a man who lives his Truth? ~ **Susan Ware B. ED. - Educator, Chinooks Edge**

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 and I have been exploring the applications and benefits of **Attention Training** for many months now, and it really is bottomless. As a nurse I can see that it 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**

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