

Lighting Up the Mind with

SPACE TIME & ENERGY

Do you ever need more time or energy? It all begins with space.

In this dynamic and engaging workshop or keynote you will venture into bold new ways of thinking about space and how you can use it to successfully manage your time and increase your energy.

Join Pat Johns and Pam Hensel as they take you on an incredible journey to explore these core concepts and provide the tools to use immediately:

- ★ Higher Mode Thinking
- ★ Vital Intuitive Skills
- ★ Innovation, Creativity & Imagination
- ★ Emotional Regulation
- ★ Communication Style
- ★ The True Nature of Motivation
- ★ Rational vs Irrational Response
- ★ Mindfulness Techniques

Everything should be made as simple as possible but no simpler.
Albert Einstein



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Workshop Information & Registration: www.spacetime-energy.com