

“Get a Life !”

The Complete Idiot’s guide to having and enjoying a life beyond work

... with ...

Richard Earle, Ph.D.

How to really enjoy a life day by day – shutting down the worries and dirty-dishes chores from the work day – is a skill, a simple skill which everyone already has. *But*, 87% of people almost never use it.

Coaching and training senior executives and professionals, Dr. Richard Earle has distilled this ***Get-a-Life*** skill down to its four dynamic principles. And, it will easily work for you once you become consciously aware, once you see the pattern, of how often it has already created really good days for you in the (distant?) past.

This isn’t about dream vacations, peak experiences or mega shopping sprees (great when you get them). It’s about typical work days. It’s about how spending 10 minutes as you leave work and travel home will enable you:

1. To shut the work door emotionally
2. To set yourself up to create and receive bite-sized enjoyments
3. To be more fully present in and then soak up an enjoyment as it happens
4. To appreciate and add up the 30+% greater ***“I’ve got a life”*** experiences ... at school too, not just outside of work

Richard will pinpoint four simple, flexibly proven ***Get-a-Life*** principles, principles you already apply [sort-of / some of them / sometimes apply], and then translate them into a practical 11-step Rx for us. And don’t worry about the daunting number “11”. Even if you buy into and apply only three or four, you’ll know your workshop time was well spent.

Richard Earle

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