



# PEACE Lodge

## INDIVIDUAL MENTORING

*A lakeside setting, surrounded by the natural world, the Peace Lodge accommodates those willing to create something new with authentic conversations. Each person attending comes with a unique need, for which mentoring programs are custom designed and delivered.*

## PERSONAL RESPONSIBILITY

Work proactively toward defining an inventory of skills needed to advance from where you currently are to a place you'd never imagined in your personal and professional life.

## FINDING YOUR BALANCE

Evaluate the gap between what you think is important and how you spend your time. With these insights, things that matter least will not take precedence over those that matter most. True effectiveness requires balance in all aspects of self that are important to us; options such as spirituality, health and wealth need an appropriate level of energy based on their importance.

## CONFIDENCE

Changing perspective, changing routines, and changing how we spend our time takes courage and confidence to do things differently. Change also affects those around us requiring confidence to stay true to ourselves, live without fear, be fully expressed and authentic.

## RELATIONSHIP STRATEGIES

Using strategies of active listening, positive messages, assertiveness and compassion, you will find new opportunities to influence situations and people resulting in win/win relationships.

## COMMITMENT TO A NEW YOU

Carry the experience of transformation forward by finishing what you've started. Your long-term strategy for peace is created, with responsibility, balance and confidence.



**5 DAYS OF PRIVATE MENTORING**

**Price: \$2500**

(includes lodging, food and entertainment)



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## OTHER EXPERIENCES AT PEACE LODGE:

- Interventions (Couples, Families)
- Conflict Resolution / Learning Circles
- (Corporate client groups)

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

Leadership Training & Relationship Management

