

MENTAL MESSAGE®: STRATEGIES TO ACHIEVE YOUR GOALS AND MANAGE STRESS
A DAY-LONG RETREAT FOR MEN

Saturday, March 22, 2014 9 am to 3 pm

Location: True North Retreat Center, 82 Healdville Road, Hubbardston, MA

\$150/person (includes materials, breaks and lunch)

TO REGISTER: CONTACT tom@motivactgroup.com

REGISTRATION DEADLINE: FRIDAY, MARCH 14, 2014

Retreat Leaders:

Tom Ingrassia & Jared Chrudimsky, authors of *One Door Closes: Overcoming Adversity By Following Your Dreams*

Scott Lamlein, Connecticut Abundance Project

Imagine 2014 being the year when everything falls into place for you...just the way you envision it! If you want 2014 to be different than 2013, you have to have a plan. And the best way to make certain that you are satisfied and productive in your life is to check in with yourself once in a while to identify what you are most passionate about.

The innovative Mental Massage® program is a powerful tool to help you:

- **Systematically leverage our self-assessment tools and self-motivational techniques**
 - **Clarify, set and achieve personal and career goals**
 - **Find harmonious balance between mind, body and soul**
 - **Develop the skills to take 100% responsibility for your life**
- **Discover how to live with vision, courage, determination and passion**
 - **Enhance your sense of worth as an individual**
- **Recognize and seize the opportunities that are right in front of you every day and make them your own**
- **Use the power you already have within to achieve your goals**

Our holistic approach to personal and professional development has guided people from all walks of life to overcome stubborn obstacles as they pursue their personal and professional goals. **And we are confident we can help you, too! Be inspired!**