november

Why Relationships Succeed or Fail

Why do we get into unfulfilling relationships? One reason is simply that we have never learned what constitutes a fulfilling relationship. Another is that we tend to discount the meanings of others' behaviours. We fail to heed the warnings of behaviours that enforce distance between people and disturb our relationships. And we fail to appreciate those behaviours that tell of safety, that shrink distance and enhance communication and intimacy.

In this well-received workshop, we will explore what constitutes a successful intimate relationship and what gets in the way. We will learn to recognize significant "red flags" and "green flags" and will look at effective ways to deal with them.

For both singles and those involved in ongoing relationships.

3 Tuesday evenings, November 6, 13 & 20
6:30-9:30 pm $60

Self-Esteem: What It Is, How to Get It

We hear a great deal about self-esteem, but what we hear is generally vague and/or inaccurate. It's rightly suggested that the abilities to commit and to love are directly related to what we call self-esteem. But it's wrongly supposed that we can alter our esteem through willpower. In this workshop, we'll explore self-esteem in order to learn what it is and how to really "get" it.

Wednesday evening, November 21
6:30-9:30pm $20

december

Assertive Skills Workshop

Are you tired of getting stepped on by other people? Sick of doing what others want, instead of what *you* want?

Many of us are intimidated by interpersonal situations requiring that they assert themselves in some way, such as turning down a request, asking for a favour, giving a compliment, expressing disapproval, etc.

Nevertheless, you *can* learn to better understand your interactions with others, to assert yourself caringly, to stand up for yourself, and to become more effective in getting what you want, without violating others' rights and without feeling guilty.

Assertiveness involves a group of skills that can be learned and practiced, and generally benefit everyone involved. The information and skills in this informal course can help you interact more confidently with others, feel better about yourself, and enhance your relationships, both at work and at play.

3 Tuesday evenings, December 4, 11 & 18
6:30-9:30 pm $60

Empowering People
seminars & consulting
200-1892 W. Broadway, Vancouver, BC V6J 1Y9

Schedule of Events

October, November and December 2007

October Classes

Dealing with Being Hurt	October 1
Support Group	October 8 & 22
Dealing with Stress	October 10 & 17
Growing Older	October 15
If I Could Change the World	October 29
Singles' Community	October 30

November Classes

Support Group	November 5 & 19
Why Relationships Succeed or Fail	November 6, 13 & 20
Growing Older	November 12
Self-Esteem: What It Is, How to Get It	November 21
If I Could Change the World	November 26
Singles' Community	November 27

December Classes

Support Group	December 3 & 17
Assertive Skills Workshop	December 4, 11 & 18
Growing Older	December 10
If I Could Change the World	December 12

Coming in January/February/March

Making Sense of Feeling
The *Real* Facts of LIfe
How to Ask for What You Want
Dealing with Difficult People

for information:
32-DO NOW (323-6669)
www.empoweringpeople.net
empower@whidbey.com

Singles' Community

Being a single adult is often a time of disturbing incompleteness. Yet, society tends to deal with single people as an afterthought, as an annoying disturbance or—bysome—merely as a source of money.

There's little available and affordable to genuinely help adults succeed in their journeys through singlehood: little support and validation for pursuing careers they can passionately embrace, and little offered to help them learn to successfully engage in rich, fulfilling relationships, and to guide them towards becoming capable, caring and enduring partners and parents.

This "community" of single men and women aims to help remedy these deficiencies by providing validating information and skills practice. At times it'll be a seminar, at times a workshop, at times a discussion, at times a support group.

Tuesday evenings, **October 30**
November 27
6:30-9:30 pm **$5/session**

Support Group

Trying to deal with the trials and tribulations of life in isolation can be a cold, lonely, and scary experience. This group is an opportunity to safely let your hair down, to "problem-solve" or "trouble-shoot" your particular disturbing situations. Group size is limited to six. We meet every other week. Call if you have questions.

Monday evenings, **October 8 & 22**
November 5 & 19
December 3 & 17
6:30-9:30 pm **$20/session**

Growing Older

Let's share our experiences of growing older, to gain a clearer, more enabling understanding of our aging.

Monday evenings, **October 15**
November 12
December 10
6:30-9:30 pm **$5/session**

If I Could Change the World

-A Serious Discussion-

Let's put our heads together to redesign our world

Monday evenings, **October 29**
November 26
Wednesday evening, **December 12**
6:30-9:30 pm **$0/session**

classes and workshops

october

Dealing with Being Hurt

Living's inherently risky. The possibility of being hurt is ever present; it's always lurking. Such hazards range from nicking oneself while shaving to severe bodily injury; from being ignored by someone to being put down, jilted or fired. In spite of this, few of us have ever had the guidance appropriate for learning to successfully deal with such hurts.

In this workshop, we'll begin to learn how to avoid such hurt, as well to minister effectively to our hurting selves.

Monday evening, **October 1**
6:30-9:30pm **$20**

Dealing with Stress

Not long ago, everyone seemed concerned about stress. But these days, it doesn't appear to be such a popular topic, even though it continues to burden a great many of us.

In this course we'll explore the phenomenon of stress. We'll look at stress as *the painful attempt to hold back authentic expression*. In doing so, we'll learn why many traditional strategies fail to work in the long run and will discover effective ways to prevent and alleviate stress in your life.

2 Wednesday evenings, **October 10 & 17**
6:30-9:30 pm **$40**

Registration Form

October/November/December 2007

(clip & mail to: Empowering People,
200-1892 W. Broadway, Vancouver, BC V6J 1Y9)

name _____

address _____
street

_____
city postal code

_____
phone (h) phone (w)

_____
email address

Please reserve the indicated number of places in:

_Oct _Nov _Dec *Singles' Community*	*monthly*
_Oct _Nov _Dec *If I Could Change the World*	*monthly*
_Oct _Nov _Dec *Growing Older*	*monthly*
_Oct _Nov _Dec *Support Group*	*bi-weekly*
__Dealing with Being Hurt	October 1
__Dealing with Stress	October 10 & 17
__Why Relationships Succeed/Fail	November 6, 13 , 20
__Self-Esteem: What It Is, How to Get It	November 21
__Assertive Skills Workshop	December 4, 11 & 18

Please keep these schedules coming for one year ($3) ___

Please send ___ copies of your book, *I Am What I Am, Volume 1*

___ copies of your book, *I Am What I Am, Volume 2*

(each volume @ $13.50, both for $25.00 + $2.00 postage)

My cheque for $ ___ is enclosed (Payable to Stephen Linn, Ph.D.)

I'm interested in attending the following sessions:

_A Dialogue Between the Sexes
_Dealing With Being Hurt
_Dealing With Conflict
_Dealing With Critical People
_Dealing With Lateness
_Getting Beyond Depression
_How to Ask for What You Want
_How to "Win" An Argument
_Making Sense of Feeling
_Relating to The Other Gender
_Setting Boundaries
_Single Again
_Taking Care of You
_Why Relationships Succeed or Fail
_What to Do When Others Aren't Caring
_ _____

I recommend that you send a Schedule to:

name _____

address _____
(email address is preferred)