

SELF-EMPOWERMENT

FOR EDUCATORS



Feeling a bit burned out or overwhelmed with your to do list? This workshop offers a liberating time-out from whatever is dragging you down. You will be guided through a series of self-empowerment exercises to help you re-boot your energy and remind you of your life's purpose.

LAKE: F103
TUES., FEB. 13, 2018
9:50 TO 10:40 A.M.

NORTH: D236
FRI., FEB. 16, 2018
9:50 TO 10:40 A.M.

**WE ARE
HUMBER**

TO REGISTER EMAIL:

WWW.HUMBER.CA/CENTREFORTEACHINGANDLEARNING

