



Re-Claiming Your Inner Power Workshop on Creating Results in Health, Wealth and Relationships Presenter: Paul Cassidy

Are you fed up with wanting to improve your life and then running out of will-power or sabotaging your best efforts by slipping back into old negative patterns that result in feeling discouraged and or defeated? Do you want to change this on a permanent basis?

Paul experienced what he describes as a major **wakeup call** some years ago when his marriage failed and he had to walk away from his business. This resulted in a period of serious despair and depression. From the bottom of this pit Paul started on a journey of self reflection and self discovery. Over the course of this journey he has met several outstanding teachers with whom he has spent considerable time with including **Eckhart Tolle**, the now famous author of **The Power of Now** and **A New Earth**. Paul has subsequently developed a number of techniques that he has successfully applied not only to himself but also to helping many others significantly improve **Health, Wealth and Relationships**.

If you are having challenges with these aspects of your life and you would like to learn the tools that will provide you with the ability to dramatically improve these areas, then you are invited to attend Paul's workshop.

Saturday 28th November 2009.
9.00a.m. till 1.00 p.m.

**Bodies Under Construction 151- 6151 Westminster Hwy, Richmond BC
(Evolution Sport Therapy) ** NEW SECOND LOCATION FOR BUC! ****

Special introductory price of only \$150.00.

It is recommended that you book as soon as possible as space to this seminar is limited.

Registration can be made by email to lisa@bucfitness.com or 604 618-4595

Background

Paul received his BSc. In Computing Science from North Staffs University, Stafford, and his Masters degree in Systems Engineering from the University of Lancaster, England. He has published a book on resource allocation in hospitals and, while Clinical Assistant Professor in the Faculty of Medicine at the University of British Columbia, was co-author of a series of academically critiqued policy papers on demand management for diagnostic services. He has been guest speaker at a number of industry-related events in North America and throughout Europe as well as a guest lecturer at the Royal Chartered Institute of Marketing.

His professional career has included senior management roles in several companies including G.E. as well as establishing a new medical device company that will most likely go public in 2010.



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Registered Sports Nutrition Advisor
Certified Pilates Mat
+ Reformer Instruction
Sport Specific Training

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