

# The **POWER** of **RESILIENCY**

## Life Changing Seminar

**H**ighly successful people have discovered unique strategies to achieve important goals and to navigate life's inevitable ups and downs. Unfortunately, the majority of people are not aware of these strategies, and remain blocked from achieving the health, abundance and success that they desire.

Ground-breaking scientific research from hundreds of studies worldwide has recently identified the key components of resiliency - the unique beliefs, attitudes and life skills that are essential for overcoming personal adversity. The Seven Keys to Resiliency® is a new model of human empowerment that will provide you with the knowledge and skills to dramatically increase your ability to effectively manage stress, adapt to rapid change and bounce back quickly from setbacks.

**In this life-changing seminar you will learn to harness the power of your inner resiliency and create the networks of support needed to achieve true success and fulfillment.**

**When you are deeply connected to your inner resiliency, there is nothing that can stop you from attaining your goals.**

### What is **Resiliency?**

**Resiliency** is the ability to tap into your deepest inner strengths. It is the skill of being able to access and live from your true or authentic self instead of the social, false self that we have been conditioned to accept. As a resilient person, you will confidently and effectively handle change, challenge and adversity because you know that your inner power will sustain you. Learning to be resilient will also allow you to experience more peace and joy in your life, while creating the positive conditions that will support you in achieving your goals and dreams. **Resiliency can be learned by anyone regardless of age or stage.**

As we enter the 21<sup>st</sup> century, the rate of technological, social and environmental change has reached unprecedented levels and a growing number of people are experiencing increased stress, confusion and despair. In today's world, we must learn more quickly, be flexible, adaptable and creative, develop healthy self-esteem and become highly resilient. The **Power of Resiliency seminar** will teach you this and more!

**The Resiliency Institute 1.800.327.1090**

## Do **you** want to learn -

- ◆ How to enhance your mental, emotional and spiritual life and become deeply connected with your true inner power and strength?
- ◆ How to create clear, positive goals for a fulfilling and exciting future?
- ◆ How to create clear, positive goals for a fulfilling and exciting future?


If you answered **YES** to any of these questions,  
then the Power of Resiliency™ Seminar is for you!

**“Visualize this thing you want.  
See it, feel it, believe in it.  
Make your mental blueprint and begin.”**

**- Robert Collier**

## What makes The Power of Resiliency™ seminar so **unique** and **life changing**?

It's because we . . .

- Use the latest Accelerated Learning training technologies to help you learn quickly and effectively.
  - Create a warm, safe and supportive learning environment.
  - Provide leading-edge scientific research in easy to understand language.
  - Utilize highly inter-active energizers and fun-filled activities to enhance your enjoyment and participation.
  - Provide you with personalized learning materials.
  - Help you change your negative blueprints and discover your true power and potential.
  - Teach you how to flow with life, not struggle against it.
  - Are highly committed to helping you achieve the happiness and success that you truly deserve!
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**Chris B. Rush**

Chris B. Rush is the Founder and President of the Resiliency Institute Corporation and is President of Breakthrough Training Inc. He is a leading authority in the area of resiliency building with children and adults. His professional background includes ten years as a police officer, and 25 years as a school counsellor, family therapist, consultant and seminar leader. He has degrees in psychology and education from the University of Manitoba and a Master's degree in Educational Leadership from San Diego State University. Chris is a Registered Clinical Counsellor, Certified Reality Therapist and is a Certified EQ-i (Emotional Intelligence) coach.

He is the founding president of the Canadian Council for Self-Esteem, and is a consultant to Health Canada, public school systems, drug and alcohol prevention agencies, First Nations bands, community organizations and businesses. Chris is a highly respected seminar leader, trainer and author of the Developing Capable People<sup>®</sup> program (Canadian Edition), Raising Resilient Kids<sup>™</sup> and several highly acclaimed courses including the Power of Resiliency<sup>™</sup> and Creating Your Future<sup>™</sup>. He has provided keynote addresses and workshops to thousands of parents, educators, professionals and corporate employees in Canada, USA, Europe and Asia.

## **Praise** for the Resiliency Institute's Programs

**“Thank you so much for sharing your knowledge and wisdom in this seminar. I feel truly empowered.” - Susan Carr**

**“Chris, you are genuine, compassionate, enthusiastic and encouraging. I feel excited and enlightened from this program. Thank you.” - Margaret Williamson**

**“I am amazed at all of the new tools I now have in my toolbox of life. I feel truly empowered and able to take on any challenge.” - Michael Koenig**

**“The best investment of time and money I have ever made. This seminar was informative, enlightening and over far too fast.” - Jamie Pearson**

**“I am so thankful for this course, because it came at a time when I was floundering in my life. Now I feel confident and capable to help myself and prepare my children for life and the world.” - Melanie Blackburn**

**“I want to thank you for this wonderful learning experience at this seminar. For me it was truly life changing. Thank you so much.” - Bill Vanstone**

**“Every adversity carries with it  
the seed of an equal or greater benefit.” - Napoleon Hill**

*"SHOOT FOR THE MOON.  
EVEN IF YOU MISS,  
YOU'LL LAND AMONG THE  
STARS."*

*- LES BROWN*

**In this exciting seminar,  
you will learn to:**

- Use the Seven Keys to Resiliency® to empower your life.
- Develop a resilient mindset by learning optimal thinking strategies.
- Understand the relationship between your thoughts, feelings and behaviours.
- Boost your Emotional Intelligence (EQ) to achieve happiness and success in all areas of your life.
- Strengthen your self-confidence, self-esteem and self-concept.
- Increase your energy, health and sense of inner peace.
- Strengthen your communication skills to build positive relationships with others.
- Identify your eight Multiple Intelligences (MI) to discover your natural talents and learning potential.
- Discover the secrets of creating a positive, fulfilling and a compelling future.
- Use your core values as a powerful anchor during times of change.
- Adapt to rapid changes in your life without feeling victimized.
- Bounce back from adversity of all kinds and become even stronger.
- Make a positive difference in the world using strong leadership skills.
- Live with more vitality, passion and joy!

**In this rapidly changing world, many people are merely surviving.  
Learn to be RESILIENT so you can THRIVE!**

**1.800.327.1090**

**www.ResiliencyInstitute.com**

**Fax: 250.545.127**

# A Message from Chris B. Rush

Founder & President of the Resiliency Institute™

Dear Friend,

I have been working in the field of counselling psychology and personal development for over 25 years. I have had the good

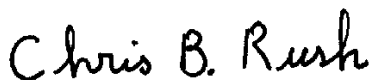
fortune of working with thousands of people, and learning from some of the leading edge thinkers from these fields. What has intrigued me for two decades is the answer to why some individuals who experience trauma, adversity and rapid change are able to rise above the pain and chaos and go on to lead happy, fulfilled and successful lives, while others sink into despair, frustration and victimization. Now, the latest scientific research on resilient people has uncovered the keys to personal empowerment. All of us have an inner spark of resiliency from birth and if properly nurtured, it can carry us through the most difficult times. In this amazing seminar, you will learn about the Seven Keys to Resiliency® that will rekindle your resilient spirit and equip you with the knowledge and skills for acquiring success, joy and peace of mind.

The Power of Resiliency™ intensive one day seminar will help you learn how to tap into your deepest personal power and strength. This program is unlike any other you've attended. You will learn how to conquer the fear, doubt and self-sabotage that blocks you from achieving success and your true potential. This seminar will also teach you how to discover and embrace your authentic self, the real you who knows no limits.

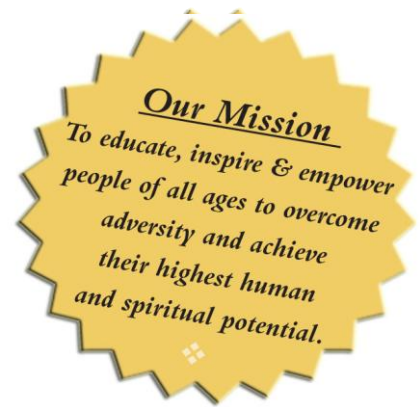
At this seminar, you will meet an amazing group of like-minded people who are striving for more clarity, love and personal power in their lives. I strongly encourage you to bring your family members, friends and business partners so they can also share in this amazing experience. How do you know if this seminar is for you? I would suggest that you look closely at the results in your life. If you are not 100% satisfied in life and want to experience more empowerment, happiness and success, the Power of Resiliency™ intensive seminar is definitely for you.

I look forward to meeting you.

Respectfully,



Chris B. Rush



**“Whether you think you can or you think you can’t, you’re right.”**

**- Henry Ford**

# The **Power of Resiliency™** Program Schedule

The **Power of Resiliency™** is a highly intensive, action packed seminar. We strongly suggest that you be ready to concentrate fully on the information provided and be willing to participate 100% in all activities to receive the full benefits of the program.

**Note:** This seminar is also extremely powerful for youth. If you would like to bring younger members of your family, we recommend a minimum age of sixteen years.

## **Locations and Dates 2010**

**Vancouver, BC- Saturday, March 27th**

**Victoria, BC- Saturday, April 3rd**

**Calgary, AB - Saturday, April 10th**

**Edmonton, AB- Saturday, April 17th**

**Winnipeg, MB - Saturday, April 24th**

**\*\* Seminar hours: 9:00 am to 5:00 pm**

## **The Power of Resiliency - Seminar**

**\$ 149.00 - Primary Registrant**

**\*\* Bring one guest free with each registration!**

Above fee of \$149.00 plus 5% GST

**We accept – Visa, MasterCard & Amex**

Prices are for course tuition only and do not include food or lodging.



**All Resiliency Institute Seminars, Workshops and training Programs are 100% satisfaction guaranteed.**

For registration, or for information contact:

**The Resiliency Institute™**

**Toll Free 1.800.327.1090**