

Humility

Patience

Contentment

Delight

Kindness

Honesty

Generosity

Right Speech

Respect

Forgiveness

Gratitude

Loyalty

Aspiration

Principles

Service

Courage



**The Centre for
Compassion and
Wisdom Presents:**

16

GUIDELINES FOR LIFE

**Saturday & Sunday
October, 22-23 2016
9:00 am to 4:30 pm**

Churchill Lawn Bowling Club
House, 167 Cline Avenue South,
Hamilton, ON, L8S 1X3

Craig Mackie has a MA in
philosophy and a MSW.
Currently in clinical practice with
the Ottawa Mindfulness Clinic,
he also teaches at the University
of Toronto, Applied Mindfulness
Meditation Program and is an
international trainer in the 16 G's
Arunas Antanaitis is co-founder
of Mindful Solutions for Change,
delivering mindfulness-based
programs for educators,
organizations and individuals.

Laurie Dolan, founder of
Engage Your Potential. Laurie
has worked with the 16
Guidelines program since 2008
and in addition is a certified
Spiritual Director, Consulting
Hypnotist / NLP practitioner and
Life Coach.

[centreforcompassionandwisdom.com](http://www.centreforcompassionandwisdom.com)

**16 Guidelines Level 1: Tools
for cultural and personal
change.**

Participants will develop tools
to change the way they *Think,*
Act, Relate and *Create*
Meaning.

This workshop is for those
who are interested in taking
mindfulness into the world in
order to create a wise, kind
society:

- Educators
- Facilitators
- Health and Mental Health practitioners
- Parents
- Business Leaders
- Community Developers
- Coaches

The 16G have attracted
everyone from neuroscientists
to school teachers,
corporations to social services
agencies, parents to
community builders - anyone
who is in need of motivation to
change their outlook and
practices. The 16G are
currently being used for
personal and cultural change
in hospitals, schools, social
service agencies, drug rehab,
hospices, universities, youth-
at-risk programs, youth
leadership programs,
businesses and prisons as
well as in families,
communities and
neighborhoods.

REGISTER:

<http://16guidelinesoct2016.eventbrite.ca>

INQUIRIES:

peace@centreforcompassionandwisdom.com

craig@essentiachange.net

FEES:

Registration includes cost of 16
G Book and Cards (\$35 value)
\$225 register by Sept1st
\$275 thereafter

In partnership with:

[essentiachange.net](http://www.essentiachange.net)

16G