

EMOTIONAL FITNESS

Learn how to manage any stressful situation

Everybody knows that unmanaged emotions are detrimental to your health, your happiness and your career. When emotionally upset or stressed, we act in ways that often do not represent our true selves. This presentation was designed to help us better understand and manage our emotions.

- Become emotionally fit and you will be able to deal with life's challenges from a place of inner strength and balance
- Discover the real purpose of your emotions and how you CAN transform them into faithful servant
- You will gain the ability to resolve conflicts quicker and avoid the sand traps of self-condemnation, anger and resentment
- Learn how to manage any stressful situation in less than 3 minutes. You will be surprised how easy it can be!!!

Yes, you CAN be who you want to be and live at peace with yourself and those around you!



SPEAKER: EMINA KARAMANOVSKI, Emotion Interpreter

A Western trained physician and the author of *Emotions Simplified* has emerged as an international leader in the expanding field of emotional intelligence. Recognizing the importance of emotions, Emina studied numerous methods that address positive thinking or emotion management. Influenced primarily by Viktor Frankl's Logotherapy, Milton H. Erickson's hypnotherapy, and ground-breaking research in the domain of heart science (Neurocardiology and HeartMath), she developed her own unique approach to strengthening emotional intelligence. Her approach is innovative: emotions are our allies, their purpose beneficial and their messages are clear and specific.

WHERE: Timothy's World Coffee 2098 Yonge (2 blocks south of Eglinton) Toronto, ON

WHEN: Wednesday, March 30, 2011 at 7:30 pm

FEE: \$ 10 per person

RSVP: <http://www.meetup.com/SoulCity/events> OR eminaemotions@yahoo.com

Friendly Reminders:

- Arrive at 7:30 PM for informal mix & mingling. The event begins at 8:00 PM and goes to 10:00 PM
- One beverage or snack minimum is required upon arrival to support the venue and staff -
- Parking found on Yonge Street and free parking in residential area (2 minute walk south from Yonge & Eglinton station)