

Get what you want!

(Confidence, Happiness, Insight, Balance...)

LIFESTREAM *Skills for Living!*

- Balance demands of school, friends, family, career & self
- Develop a strong sense of purpose, balance and personal power
- Replace stress with success and confidence
- Profoundly improve your relationships
- Discover what trust, integrity, & responsibility mean to you
- Turn your intentions into results
- Acquire life-long tools for decision-making
- Learn how effective goal setting produces results in your life
- Understand where you want to go in your life
- Stay true to your values in the face of peer pressure

Info/Register: 585.329.2640

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LifeStream is experiential learning

The facilitator introduces topics through lecture, music, and real discussion. Small group and individual learning exercises reinforce concepts so they are internalized, becoming part of your life.

Perfect for families!

Why wait...



Join us at **LifeStream Basic** with James Thurston — who has inspired personal results and transformation for many years, facilitating LifeStream for thousands of people around the world.



Adult Tuition \$395 – Teen/Student \$295

Parent & Teen/Student together \$595

What's Your Life Worth?!?

LifeStream Basic Seminar

October 21-24, 2010

(Thursday & Friday evening, all day Saturday, Sunday until about 6 pm)

Held at St. John Fisher College

3690 East Avenue, Rochester NY

www.LifeStreamRochester.com or 585.329.2640

Payment plans and scholarships are available

LIFESTREAM ROCHESTER

What LifeStream participants say about the impact LifeStream has had in their lives:

“A seminar for people who are ready to do something about their lives instead of just talking about doing something about their lives. I highly recommend LifeStream!”

– *Seth Harris President, Stingray Studios, Inc.*

“Great for anyone and everyone. A person with trust or responsibility issues will be fulfilled and leave at peace. Experiencing the transformations that take place here is life changing! You really can't imagine it until you experience it.”

– *Hayden Glassman (16) Student, Brighton HS*

“The staff and other people are very open and loving. The atmosphere is very encouraging and inspiring. And, the music is great!”

– *Carly Camp (14) Student, Wayne Central HS*

“I wish that I had this opportunity when I was a teen—my life would have been great from then, instead of starting at age 57!”

– *Sally McPike, Real Estate Broker*

“It changed my life — I loved it!”

– *Courtney Goodrich (18) Student, MCC*

“Great! Love the experiences, dyads, reflection time, lesson, tools ... so valuable.”

– *Banny Tyskiewicz, Teacher Victor Elementary*

“This experience provides insight and tools for people to be inspired to be their best ‘self’... no matter what circumstances they are facing! We cannot be reminded enough that every day is a new day filled with possibilities and potential!! Thank you for the renewed energy.”

– *Danny Dehm, Principal, Victor Elementary*

“Learned so much about my own feelings, thoughts, and behaviors that had become fixed. I learned how to break their control over my reactions and in that how to treat each situation uniquely.

– *Aaron Mock, High School Student*

“Thanks to the seminar, I now possess the tools to help my employees maximize their potential.”

– *Thomas J. Grote, Director of Operations Donatos Pizza, Inc.*

“In my profession as a C.P.A., I use skills learned in LifeStream every day to reduce stress and improve client relations.”

– *J.T. Rhodes, Certified Public Accountant*

“LifeStream is a ‘10’ as a Love-based Leadership Development Program”

– *Paul Camp, Executive Director, Government Group Global Strategy, Ameco*

“I have participated in seminars conducted by Anthony Robbins, Steven Covey, Denis Waitley, Brian Tracy and others. LifeStream’s process of 'learning through doing' was much more powerful than 'learning through sitting and listening'. The tools I have received from the BASIC and ADVANCED IPI seminars are used every day and have made an impact on myself, my family and my co-workers.”

– *Jim Marous, Marketing Executive*

“LifeStream helped me to become a better version of myself!”

– *Becky Kiley (17) Student, Victor HS*

“As a result of the work I’ve done in LifeStream classes, I feel rooted in some basic principles that have sustained me through very challenging life circumstances. My relationships are richer than ever before!”

– *Sherri Longyear, LMT, Walworth, NY*

“A life requirement! Ideal for those facing challenges *AND* for those looking to move from good to GREAT.”

– *Barb Glassman, President, G-FORCE Collaborations*

“After Basic, I feel much more centered, and I can’t wait to get out into the world to put it all into practice.”

– *Kayla Dewey (19), Student, Claremont-McKenna College*

“My life looked pretty good but felt kind of grey. Through LifeStream I discovered that there was so much more I could do to impact and enjoy life. My personal and professional relationships have more depth, I am more centered and balanced, my productivity and effectiveness are way up, and I am having a more powerful impact on those around me and in the world.”

– *Dave Vanable, Sales/Marketing/Business Executive*