

## Maximum Results?

*Learn how: it starts with you*

### LIFESTREAM

#### *Skills for Living!*

- You set the tone:  
Leadership and vision  
*energize your business*
- Build a championship team—  
make work fun!
- Turn your intentions  
into results
- Profoundly improve your  
business relationships
- Balance your career,  
family, and self
- Develop a strong sense  
of purpose, balance and  
personal power
- Acquire life-long tools for  
decision-making and  
win-win results
- Learn how S.M.A.R.T.  
goal-setting produces results
- Replace stress with balance
- Be at your best in the most  
demanding situations

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**High Impact Experiential Learning:** The facilitator introduces topics through lecture, discussion and activities. Individual and small group learning exercises reinforce concepts so they are internalized, becoming part of who you are, how you lead, and how you engage with the world.

#### ***Make this investment in yourself!***



Join us for **LifeStream Basic** with James Thurston, who has inspired personal transformation and results for the past eight years all across Canada. James is also a business owner, First Aid/CPR Instructor, and published poet/author. His writing has been distributed in more than 100 countries and translated into four languages.

Tuition is only \$395 — ***What are your results 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](http://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:*

“As a senior high tech executive, I have attended many personal and professional development programs. LifeStream, by far, delivers the most impact. With powerful content delivered through a phenomenal facilitator using lectures, experiential exercises, and tools to sustain and enhance what has been learned, LifeStream enables participants to re-discover their gifts and their power, and how to bring these into the world. I highly recommend LifeStream to anyone seeking sustainable change to live their lives to the fullest.”

– *Michael J. Hunt, Executive VP, Silicon Valley High Tech*

“Very useful for my Professional Development - I gained new knowledge and practices to significantly improve my ability to be effective while leading or participating on teams.”

– *Peggy Stritch, Sr. Manager, Workplace R&D*

“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.*

“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*

“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*

“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*

“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*

“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 am much more centered—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 produce results *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 Venable, Sales/Marketing/Business Executive*