

## YOUR PRESENTER



**Pat Kerlin**  
Certified SFL Instructor  
Certified Spiritual Director

Pat loves facilitating positive movement with people ready for change, enabling them to fulfill in their life what they care about. She does this through public speaking, life coaching and spiritual direction.

Her experience as a spiritual director enhances her ability to facilitate the inner guidance and wisdom within each person. Her passion for personal growth, has led her to be focused on teaching, youth ministry, retreat directing and workshops for nearly forty years including 30 years presenting Success: Full Living in the U.S. and Australia.

Pat has led professional development days, stress management and other topical seminars for high school youth, team building activities and various seminars. Her specialties include journaling, meditation, and balancing work and family.

Pat finds enjoyment through music, tennis, friends and family. She lives with her husband, Dick, in Katy, Texas and takes great pleasure in being with their six children and six grandchildren.

## WORKSHOPS & SEMINARS

### Personal:

Two-day workshops are available throughout the year. These workshops will give you the knowledge and skills needed to take control and provide balance in all areas of your life.

### Schools and Organizations:

Workshops and seminars designed to meet the needs and requirements of your community. A fantastic way to add value to any conference, retreat or in-service for staff.

### Corporate:

Workshops and seminars tailored to suit budgets and timeframes. The content will provide unique skills that will impact people's professional and personal lives.

Create a more effective work environment and personal job satisfaction.

### SFL Workshop

NEW Weekly Format  
Attend all days

**Wednesdays, 6:45-8:45 PM**

Oct. 14, 21, 28  
Nov. 4, 11, 18

SEATING IS LIMITED



### All workshops to be held at: The Center for Stress Management

705 S. Fry Road, Plaza 1, Suite 300  
West Houston Methodist, Christus St. Catherine  
Katy, TX 77450

Call for details: 281-703-8666  
pat@cfsmkaty.com or www.cfsmkaty.com



Skills to Create a  
Life You Love

# SUCCESS: FULL LIVING

## How to Access Your Unlimited Potential for Transformation

*"If you allow your inner wisdom to work through you, then you can expect to experience fullness in life."*

## THE MAGIC IS IN SIMPLICITY

It's sometimes hard to imagine that a course would transform your life. But that has happened to thousands of people around the world that have taken this course and learned about the Life Success Mechanism and how to use it to create a life you love.

## EASY TO UNDERSTAND AND APPLY

You have probably read about meditation, visualization and the incredible power of the mind. These concepts are often presented in ways which are difficult to understand and hard to apply in our busy lifestyles. This course takes the mystery out of these concepts and presents them so simply that you'll wonder why we are not taught these amazing skills at school.

## WHO WOULD BENEFIT?



- People in transition - where do I go from here?
- Men and women from every walk of life feeling a nudge to personal and spiritual growth.
- Parents wanting to pass on skills to their children.
- Students wanting to grow in self identity and assistance to make learning easier.
- Senior citizens - discovering new creative pursuits.

## WHAT NEW SKILLS WILL YOU LEARN?

Those who have learned these skills attest to the transforming impact on their life. At one of the seminars, workshops or courses you will learn how to:

- Direct your thought process in a way that works for you, not against you
- Set goals that align with your highest values and purpose
- Handle setbacks and challenges without fear
- Deepen your understanding of others
- Relieve stress
- Access your creativity
- Create powerful affirmations and learn how to use them
- Develop confidence in your ability to make the right decisions

## IT'S A MATTER OF CHOICE

We tend to spend more time picking out a suit or planning a vacation than we do in planning our life or in deciding a career path. You have the potential to experience fulfillment, love and joy. The key to your power - in the best sense of that word - is to understand where you are and where you want to go. Choose to take this time for you.

*"When you understand how the mind works, it's like someone turned the light on."*

## REGISTRATION FORM SUCCESS: FULL LIVING WORKSHOP

### Register For:

- |  |                |
|--|----------------|
| <input type="checkbox"/> Prepaid Rate      | \$150 p/person |
| <input type="checkbox"/> At Door Rate      | \$175 p/person |
| <input type="checkbox"/> Add'l Family Rate | \$125 p/person |
| <input type="checkbox"/> Graduate Rate     | \$30 p/person  |

Price includes a student manual that supports workshop material. *Please register early as space is limited.*

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_

Zip \_\_\_\_\_

Daytime Phone \_\_\_\_\_

Email \_\_\_\_\_

### Payment Method

*Registration also available online - visit our website*

- Cash       Check

*(Please make checks payable to Patricia Kerlin)*

Enclosed is my payment in the amount of \$\_\_\_\_\_. I understand that this payment includes a \$40 non-refundable/non-transferable administrative fee.

Please send completed form and payment to:

**The Center for Stress Management**

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Katy, TX 77450