

Want to get more out of your experience at — and outside — work? More fulfillment, more productivity?

Then learn to put more of your best, full, favorite SELF into your work...and beyond.

BRINGING MORE OF YOUR SELF TO WORK ...AND TO LIFE!

This dynamic, fun, meaningful workshop gives you tools that can immediately increase satisfaction and productiveness in your work and personal life.

Gain better access to your thoughts, emotions, physical self, imagination, and memories — and learn to use these gifts to

- *get more of your needs met at work or at home*
- *enhance focus and creativity*
- *decrease stress—and more.*

- *The 3rd Thursday of every month (beginning 1/14/05)*
 - *7:00-10:30 PM at the Westside Jewish Community Center
5870 W. Olympic Blvd., Los Angeles 90036 (directions)*
 - *\$65/members, \$75/non-members*
 - *RSVP: 323.938.2531 x2201 (limited class size)*



SELF Training and Development founder—and WJCC ECE dad—Larry Braman blends experiences from the theater, personal development, and business worlds to help build healthier individuals and organizations.

DIRECTIONS TO WESTSIDE JCC:

Google map link:

<http://maps.google.com/maps?oi=map&q=5870+West+Olympic+Boulevard,+Los+Angeles,+CA+90036>

Lots of parking on Olympic. Enter Center from service road or from the parking lots located off service road. The service road is on the west side of the Center, running between Olympic and San Vicente.

Access to service road and parking lots is from the OUTER LANES of west-bound San Vicente. Enter those lanes at Curson, drive past Stanley. You will see a low, square sign (watch carefully, it's hard to see) reading "Westside Jewish Community Center Parking." It's just before Olympia Hospital. Turn RIGHT up the service road. Indoor parking is first entrance on right, rooftop parking is just after.

Exit parking structures and walk to your left for entrance into the Center.