

Humility

Patience

Contentment

Delight

Kindness

Honesty

Generosity

Right Speech

Respect

Forgiveness

Gratitude

Loyalty

Aspiration

Principles

Service

Courage



**The Centre for
Compassion and
Wisdom Presents:**

16

GUIDELINES FOR LIFE

**Saturday & Sunday
Oct. 21 & 22 2017**

9:00am- 4:30pm

**Churchill Park Clubhouse
167 Cline Ave. North
Hamilton Ontario**

Craig Mackie has a MA in philosophy and a MSW. Currently in clinical practice with the Ottawa Mindfulness Clinic, he also teaches at the University of Toronto, Applied Mindfulness Meditation Program and is an international trainer in the 16 Guidelines.

with co-facilitators

Sharon Babineau – Corporate Wellness Facilitator and Mindfulness Specialist.

& Elizabeth Skronski – Certified Coach, Meditation and Mindfulness Facilitator

**16Guidelines Level 1:
Tools for cultural and
personal change.**

Participants will develop tools to change the way they *Think, Act, Relate* and *Create Meaning*.

This workshop is for those who are interested in taking **mindfulness** into the world in order to create a wise, kind society:

- Educators
- Facilitators
- Health and Mental Health practitioners
- Parents
- Business Leaders
- Community Developers
- Coaches

The 16G have attracted everyone from neuroscientists to school teachers, corporations to social services agencies, parents to community builders - anyone who is in need of motivation to change their outlook and practices. The 16G are currently being used for personal and cultural change in hospitals, schools, social service agencies, drug rehab, hospices, universities, youth-at-risk programs, youth leadership programs, businesses and prisons as well as in families, communities and neighborhoods.

REGISTER: <https://16guidelinesworkshopjune2017.eventbrite.ca>

INQUIRIES:

peace@centreforcompassionandwisdom.com

craig@essentiachange.net

FEES:

Registration includes cost of 16 G Book and Cards (\$35 value) \$225 register by May 24 2017 \$275 thereafter

In partnership with:

essentiachange.net

16G

centreforcompassionandwisdom.com

www.16guidelines.org "Program is endorsed by His Holiness the Dalai Lama" <https://www.dalailama.com/en/>