



## SELF DEVELOPMENT

*Gain the skills to help you get more organized! Try such classes as Downsizing Your Stuff and Right Sizing your Life, Time Management for the Creative Person, and more!*

### Self Development

#### Embrace HUE You Are! \*New

Through the selection of 6 colours that your eyes automatically go to, you will learn what your strengths and weaknesses are plus what you tend to overdo or not do at all. This seminar will change the way you work with your clients and family members.

**Rideau HS, Debrah Boucher..... #60946**  
Apr 23, 2 wks, Mon, 6:00-9:00pm ....\$52.00+hst

#### Integral Vision: A brief Intro to the Integral Theory and the work of Ken Wilber \*New

The Integral Theory is a map of consciousness. Come learn how to navigate through life at the leading edge of evolution!

**Rideau HS, Tana Saler ..... #60227**  
May 02, Wed, 6:30-9:30pm .....\$36.00+hst

#### Life Skills for Independent Living (18 years +)

In an interactive setting, this course helps students explore basic life skills such as, communication, making social connections, money matters and employment skills.

**OTSS, Ali Guvenc ..... #60229**  
Apr 17, 8 wks, Tue, 6:00-7:30pm . \$101.00+hst

#### Subtle Energies-Invisible Forces that Affect Your Life \*New

Explore the nature and behaviour of subtle energies that silently and invisibly affect you. You may find greater empowerment, success and harmony in life.

**Rideau HS, Tana Saler ..... #60228**  
May 09, 3 wks, Wed, 6:30-9:30pm ...\$77.00+hst

#### The Secret to the Law of Attraction \*New

Let Deborah Barry get you on the right path as she explains the concepts behind the Law of Attraction and gives easy-to-understand demonstrations.

- **OTSS, Dr. Deborah Barry ..... #60944**  
Apr 24, Tue, 6:00-8:00pm .....\$36.00+hst
- **Brookfield HS, Dr. Deborah Barry . #60945**  
May 12, Sat, 1:00-3:00pm .....\$36.00+hst

#### Beyond the Law of Attraction \*New

The Law of Attraction theory teaches how mind over matter techniques can be used to turn desire into reality. In this course we look beyond the level of the individual and reveal a bigger picture.

**Rideau HS, Tana Saler ..... #60225**  
Apr 18, Wed, 6:30-9:30pm .....\$36.00+hst

#### Beyond the Power of Now \*New

This workshop will take you beyond being present and show you further ways to develop, to live more fully.

**Rideau HS, Tana Saler ..... #60226**  
Apr 25, Wed, 6:30-9:30pm .....\$36.00+hst

#### The Ultimate Compatibility Test \*New

More than 70 million people have discovered hidden truths about their personality using the Dewey Colour System. Take the Ultimate compatibility test for Love, Friendship, Career Success, etc.

**OTSS, Debrah Boucher ..... #60947**  
May 01, 2 wks, Tue, 6:00-9:00pm ....\$52.00+hst

#### What Motivates You? \*New

What motivates you? What's your favourite colour? Believe it or not, these two questions are inherently linked. Learn how to fine-tune your career goals, improve your communication skills, and deepen your relationships — all based on your colour choices! Supply fee \$10 for book.

**OTSS, Debrah Boucher ..... #60948**  
May 22, 2 wks, Tue, 6:00-9:00pm ....\$52.00+hst

### Hair Styling

#### Hairdressing \*New

Thought about a career in Hairstyling? This course will help you acquire the skills — cutting, colouring, blow drying, shampooing and styling. Supply fee \$100 includes mannequin, scissors, combs, clips, and brushes. (Not a certificate course).

**Sir Guy Carleton, Pauline Agius .... #59778**  
Apr 18, 7 wks, Wed, 6:30-9:30pm \$175.00+hst

#### 2012 HOLIDAYS

There are no classes:

- April 6-9 (Easter)
- May 21 (Victoria Day)

**TO REGISTER:  
613-239-2751**

Please look for our next  
**Learning for Life -- Fall 2012/Winter 2013**  
... coming to your door at the end of August 2012!

## Image Enhancement

### Image Enhancement

Classes are held at Sir Guy Carleton and taught by Certified Colour & Image Consultant, Mari McLaughlin. Supply fee \$5 for each class, or \$20 if you sign up for the series.

#### Personal Image Workshops

Mari's workshops are designed to give women the edge in personal image.

**#59796** Apr 23, 6 wks, Mon, 7-9pm \$101.00+hst

#### Developing Your Personal Style

Class includes grooming, accessories, image details.

**#59794** Apr 23, Mon, 7-9pm .....\$36.00+hst

#### Clothes Just Right For You

Learn the essentials of a great image.

**#59793** Apr 30, Mon, 7-9pm .....\$36.00+hst

#### The E's & P's of Your Closet

Learn how to evaluate your wardrobe, enhance your personal image and shop with purpose.

**#59797** May 07, Mon, 7-9pm .....\$36.00+hst

#### A Wardrobe that works for you

Learn how to develop a wardrobe for your lifestyle.

**#56646** Mar 05, Mon, 7-9pm .....\$36.00+hst

**#59792** May 14, Mon, 7-9pm .....\$36.00+hst

#### Fashion Buying

Look at fabric quality and garment construction.

**#59795** May 28, Mon, 7-9pm .....\$36.00+hst

#### Beauty Tips Just For You

Learn time and money saving ideas and beauty secrets you can use at home.

**#59791** Jun 04, Mon, 7-9pm .....\$36.00+hst

*The sole purpose of these courses is to present information, description and explanation. The Ottawa-Carleton District School Board does not endorse or recommend any religion, belief system or practice.*

## Interpersonal Skills

### Soul Mates \*New

So you've found your soul mate? Let's do some couples yoga and meditation as we try to deepen the level of your communication and understanding.

**OTSS, Siri Bandhu Khalsa ..... #60942**

Apr 19, Thu, 6:00-9:00pm ..... \$36.00+hst

### Secrets for Choosing the Right Partner \*New

Learn some simple guidelines so you can create a personality profile of what you want in a partner.

**OTSS, Siri Bandhu Khalsa ..... #60943**

May 10, Thu, 6:00-9:00pm ..... \$36.00+hst

### Emergency Fix for Family Relationships \*New

Family relationships can be challenging. Learn a few easy to follow steps that may lead to more peaceful interactions with family members.

**OTSS, Tana Saler ..... #62038**

Apr 17, Tue 06:30-09:30 PM ..... \$36.00+hst

### Emergency Fix for the Leader's Work Team \*New

Want to get the best from your team? Come learn extra steps that may help lead to more productive team work.

**OTSS, Tana Saler ..... #62040**

Apr 24, Tue 06:30-09:30 PM ..... \$36.00+hst

### Emergency Fix for Stress \*New

Is your mind racing around the clock? Are you up at night tossing and turning? Come learn some easy to follow steps that may help you to shift from stress to peace in less than thirty minutes a day.

**OTSS, Tana Saler #62042**

May 08, Tue 06:30-09:30 PM \$36.00+hst

### Emergency Fix for the Artist's Block \*New

Are you an artist in need of a creative solution to a life or work problem? Do you find yourself staring at the paper, or screen, or canvas? Come learn how to align with the creative force and unleash your inner artist with ease, grace and flow.

**OTSS, Tana Saler ..... #62043**

May 15, Tue 06:30-09:30pm ..... \$36.00+hst

### Screen Your Date \*New

Learn how to spot and choose the right partner for a long term relationship.

**Rideau HS, Tana Saler ..... #62045**

May 30, Wed 06:30-09:30 PM ..... \$36.00+hst

### The "Stay Together" keys \*New

This workshop discusses three keys to a lasting, passionate and fulfilling relationship.

**Rideau HS, Tana Saler ..... #62047**

May 23, Wed 06:30-09:30 PM ..... \$36.00+hst

**\*New Please see page 12 for How to Manage Difficult Employee Issues (for small business owners)**

## The Workplace

### Government Jobs:How to get Screened In \*New

Get the experts perspective on how to apply to federal government jobs more effectively and successfully — from language and security requirements to writing government-friendly resumes and cover letters, as well as networking techniques. Supply fee \$2.75.

**Brookfield HS, Farhia Ahmed ..... #60244**

Apr 28, Sat, 9:30-11:30pm .....\$36.00+hst

### Manners in Management \*New

Learn what you need to know to be a **Polite Professional!** Look at rules of Business Etiquette, how to communicate politely and effectively in the corporate environment, and more!

**Glebe CI, TBA ..... #61132**

Apr 23, 4 wks, Mon, 7:00-9:00pm .... \$69.00+hst

### Train the Trainer \*New

Holding a meeting, group discussion or training? Learn the fundamental ways to keep their attention. USB Stick to save Files will be required.

**Bell HS, Martin Stein..... #61087**

May 29, 2 wks, Tue, 6:30-8:30pm\$36.00+hst

**TO REGISTER:  
613-239-2751**