



*"I joined the session because I often feel stretched thin and I wanted to find ways to remain full of life when I feel full of stress. I was wary: Would I be forced to listen to platitudes about "not sweating the small stuff", about "living life to the fullest", and even more nauseating, about "becoming the best you can become"? I was very surprised. We looked at research and we had to apply concepts directly to our lives. We didn't just look at our strengths; we analyzed how they become our inhibitors. We analyzed mindfulness, negativity, thriving relationships, body memory, rituals, and even post-traumatic growth. I came out the other side both humbled and empowered. Meghan Kirwin and Elizabeth Misener are thoughtful facilitators who tackled the most thorny issues with diplomacy, warmth and generosity, always keen to help us really learn from our reflections and discussions." - Marie Zimmerman, Executive Director about Vitality Working Group Program*

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