



Personal Power Retreat at The Penny House Inn

Developing Healthy Personal Power, February 28 – March 2, 2014

COST: \$289.00 (2 nights stay, double occupancy in a classic room with 2 full breakfasts and 1 lunch)

Do you find your life to be filled with problems and overwhelming challenges...stressful and exhausting? Or is your life ripe with opportunities and rich in abundance? Hard as it might seem to believe, the primary difference in these 2 perspectives is a matter of personal power—the core emotional strength and mindset that enable any of us to become strong and resilient in the face of even the most difficult life and work-related circumstances.

This weekend workshop will be facilitated by Craig N. Piso, Ph.D., President of Piso and Associates, LLC, an organizational development consulting firm based in Northeastern Pennsylvania. Dr. Piso is a licensed Psychologist with training and experience over 34 years that has included roles in family systems clinical practice, corporate managed behavioral health, and health care/business/educational consulting. Dr. Piso has been a contributing author to a variety of books, he has published numerous articles within health care journals, and he is an award-winning and well-attended presenter at diverse professional development conferences. He recently published a self-help book: *Healthy Power...Pathways to Success in Work, Love and Life* (Balboa Press, 2012), endorsed by Dr. Wayne Dyer and Dr. Robert Brooks as follows:

Dr. Craig Piso has written a truly remarkable book filled with realistic, achievable strategies for leading a more productive personal and professional life. His skills and knowledge as a clinician and his warmth, compassion, and empathy as a person are apparent on every page of this book. In a very readable style Craig offers guidelines for harnessing our own personal power to become more purposeful and courageous in navigating life's journey and in enriching our relationships with others. This is a book that will serve as an invaluable resource to be read and re-read as we absorb and apply the knowledge that Craig has to offer.

Robert Brooks, Ph.D., Clinical Psychologist,
Faculty, Harvard Medical School

Co-author, *The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life*

Based upon the principles of healthy personal power development from Dr. Piso's book, the workshop will include a combination of facilitated discussion with intriguing group exercises, illustrative film clips, and fascinating stories of the journey toward resilience and thriving. It will conclude with an opportunity to work within the group to craft a personal Action Plan for putting the principles learned into practical steps for their application to living and working more effectively.

Workshop Schedule:

Friday, February 28, 2014

Meet and Greet evening session 6:00 - 7:00 PM (with wine and cheese)

Saturday, March 1, 2014

Morning workshop session from 9:00 AM – Noon

Lunch break Noon – 1:00 PM

Afternoon workshop session from 1:00 PM – 4:00 PM

Sunday, March 2, 2014

Morning wrap-up session from 9:00 AM – Noon

For more information regarding Dr. Piso:

www.PisoandAssociates.com

<http://www.linkedin.com/pub/craig-piso/12/354/bb2>

