

# In-Person Workshops

MARCH 2023



## THE FOUR AGREEMENTS

This workshop is based on the book by Don Miguel Ruiz. The Four Agreements offer a powerful code of conduct that can transform lives to a new experience of freedom, happiness and love. The Four Agreements are: First: Be Impeccable with Your Word, Second: Don't Take Anything Personally, Third: Don't Make Assumptions, Fourth: Always Do Your Best. We will review each of the agreements and what it means to the participants individually. Everyone will leave with an understanding of the difference applying these agreements will make in their lives and action plan of how to implement them.

**Facilitator:** Cindy Stradling

**Date:** Saturday, March 11th, 2023

**Time:** 1:00 - 3:00 PM

**Location:** Toronto Public Library - Scarborough Civic Centre Branch - Meeting Room (156 Borough Drive, Street Entrance)

**Please register by:** Thursday, March 9th, 2023

## MINDSET AND TRANSFORMATION: THE BICYCLE OF LIFE

As human beings, we cycle through patterns of thoughts, emotions and action. By learning how to prioritize attention and energy to these cycles, we choose to consciously create a joyful experience of life. Adopting this mindset triggers transformation. Join us for an insightful session to ride the bicycle of life joyfully!

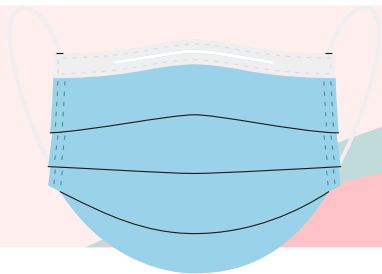
**Facilitator:** Kiran Shines

**Date:** Saturday, March 25th, 2023

**Time:** 1:00 - 3:00 PM

**Location:** Toronto Public Library - Scarborough Civic Centre Branch - Meeting Room (156 Borough Drive, Street Entrance)

**Please register by:** Thursday, March 23rd, 2023



For staff and participant safety, **masks are required for all SWC workshops. If you do not wear a mask, you will not be able to participate.** If you do not have a mask, we are happy to provide you with a brand new, disposable mask for you to wear. If you're not comfortable wearing a mask, you're welcome to participate in one of our webinars.

Register for in-person workshops by filling out the form on our website [here](#), sending an email to [outreach@scarboroughwomenscentre.ca](mailto:outreach@scarboroughwomenscentre.ca) or calling (416) 439-7111 x 107.

You must register in order to attend in-person workshops, **no walk-ins are allowed**. Space is limited, so register today!

If you require any accommodations or support to participate in our workshops, please let us know when you register.

You can find directions to the library along with parking information [here](#).