



Moira Mulhern, Ph.D is co-founder and CEO of Turning Point: The Center for Hope and Healing, a Kansas City nonprofit that offers resilience-building skills, classes, and support programs to people managing chronic or serious physical illness. With a Ph.D in Community Health Psychology, Dr. Mulhern has devoted more than 18 years to supporting people with cancer, HIV/AIDS, and other serious or chronic illnesses. She has extensive experience in stress management, support, and training programs.

**November 8th Workshop  
Sneak Preview!**  
***Creating Powerful Intentions***

Facilitated by Marty Stanley  
President, Dynamic Dialog, Inc.

If you've read the book and studied the "Law of Attraction" but still haven't manifested what you want ...

*Creating Powerful Intentions* advances sustainable success by aligning thoughts, words and actions. During this program, participants will experience the following steps to ***Creating Powerful Intentions!***

Clearing the Path to Create the Future  
Exploring, Discovering & Choosing  
What You Want

Distinguishing Intentions from Goals  
Lights, Camera , Action!

9am -1 pm. Grace & Holy Trinity  
Cathedral, Downtown KCMO

**MARK YOUR CALENDARS NOW!**

**About House of Menuha....**

House of Menuha is 501(c)(3) not-for-profit center for women seeking to be more powerfully equipped to bring spiritual wisdom and compassion into their personal lives and the world.

"Menuha" is a Hebrew word which means *to rest in purposeful contemplation*. House of Menuha provides a place for women to individually reflect, replenish, and renew themselves, as well as various opportunities to gather in the company of other women to receive intellectual, emotional and spiritual nourishment for their personal and professional journeys.

Details about the following Menuha ongoing programs and services can be found at [www.menuha.org](http://www.menuha.org) where you can also sign up to receive emails announcing program and service offerings.

- **Evening Reflection Workshops**
- **Let My Life Speak Community Workshops**
- **Barrier Busters & Trail Blazer Luncheons**
- **Villager Programming for Soul Growth**
- **Rest, Renewal & Relaxation Evenings**
- **Spiritual Companionship**
- **Lunch Gatherings at Menuha**
- **House Rental for Retreats, Meetings & Life Celebrations**



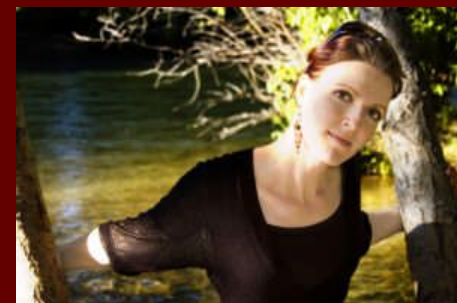
*House of Menuha*

**801 E. 77th Street  
Kansas City, MO 64131**

**(816) 444-2434**

[www.menuha.org](http://www.menuha.org) [information@menuha.org](mailto:information@menuha.org)

*Let My Life Speak  
Workshop Series*



**RESILIENCE:**

*An Essential Ingredient  
For A Fulfilled Life*

*Presented by  
House of Menuha*

*Moira Mulhern, Ph.D  
Facilitator*

**September 20, 2008  
9:00 am — 1:00 pm**

*Registration Begins 8:30 am*

*Workshop Location:*  
**First Lutheran Church  
6400 State Line  
Mission, KS 66208**

## WORKSHOP DESCRIPTION

*Do You Ever Wonder...*



Why some people can keep their cool, bounce back and recover quickly in the face of criticism, daily hassles or major life changes?

Think about women like Hillary Clinton, Elizabeth Edwards, or Coretta Scott King. What do they have in common? What made or makes them truly great at what they do or have done and how they handle or handled life? **Resiliency!**

Resilience is what great minds have in common; it is the differentiator between good and great, the human variance that allows some to achieve enduring success. It is an essential ingredient for personal fulfillment, no matter how one defines what that means in their life.



In this highly interactive workshop, through poignant exercises, small and large group discussions, and shared information from Dr. Mulhern, you will learn:

- What factors make a person resilient
- Where you fall on the resilience spectrum
- What your resilience strengths and weaknesses are
- Skills and daily exercises to strengthen your resilience and help you achieve ~ greater personal balance ~ enhanced creativity ~ increased work effectiveness ~ increased relationship effectiveness ~ and better physical health



Come and join us! Learn more about yourself .... from yourself, from Dr. Mulhern, and from other soul-filled women on their journeys to fulfill the passions of their lives.

### **WORKSHOP FEE \$55**

The workshop fee includes materials and a mid-session vegetarian brunch.

### **REGISTER BY SEPTEMBER 1, 2008**

& receive a Gift Certificate to attend a Menuha Reflection of your choice

### **BONUS REGISTRATION PACKAGE SAVINGS!**

Register for the September 20th *Resilience Workshop* AND the November 8th *Creating Powerful Intentions Workshop* (see description on the back side of this brochure) Save \$10 off the regular registration fees!

### **Resilience Workshop Registration Deadline**

September 12, 2008

### **FOR MORE INFORMATION, INCLUDING SPONSORSHIP OPPORTUNITIES, CONTACT:**

Diane Hershberger, Workshop Coordinator  
(816) 444-2434 diane@menuha.org

### **CAN'T ATTEND?**

Consider a donation toward a scholarship so that another woman can attend.

### **SAVE THE DATE!**

Sunday Evening Oct 12<sup>TH</sup>

**Connie Dover, In Concert**

*Celtic singer, balladeer & poet*

**Location:** Hillside Christian Church  
(900 NE Vivian Rd)

**Tickets:** \$20 In Advance  
\$25 at Door

**Time:** TBD Proceeds Benefit  
House of Menuha



## **REGISTRATION**

Name \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Day Ph: \_\_\_\_\_

Eve Ph: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

\_\_\_\_ Enclosed is my check for \$55  
for Sept 20<sup>th</sup> Resilience Workshop

\_\_\_\_ Enclosed is my check for \$100  
for Sept 20<sup>th</sup> Resilience Work-  
shop & Nov 8<sup>th</sup> Creating Powerful  
Intentions Workshop

\_\_\_\_ Enclosed is my check for \$55  
for Nov 8<sup>th</sup> Creating Powerful  
Intentions Workshop

\_\_\_\_ I wish to donate \$\_\_\_\_\_

\_\_\_\_ I wish to pay by credit card:  
\_\_\_\_ Visa \_\_\_\_ MC

# \_\_\_\_\_

Exp. Date: \_\_\_\_\_ Amount \$\_\_\_\_\_

*A Limited Number of Partial  
Scholarships Are Available  
Call Menuha to Inquire*

**Mail/Fax Completed Form To:  
House of Menuha  
801 E. 77th St. KCMO 64131  
Or Call to Register Via Credit Card  
Ph/Fax: (816) 444-2434**