

“Taking Care of Me...” Workshops

Four Themes of Focus:

1. Centering—awareness of the difference between a chaotic and quieted mind.
2. Living in the moment—yesterday is a memory, tomorrow a dream, today is real.
3. Another Perspective—there is always another way to see the challenges and the joys in our lives.
4. Self care—You are responsible for your care!

Comments of Workshop Participants!

- *A true growing experience!*
- *Inspirational and motivational!*
- *The workshop was well organized, had great content, and was very well presented!*
- *I have been astounded by the love, openness, understanding and acceptance!*

“Taking Care of Me...”



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Workshops for Personal Growth and Self Care



Don Armstrong
Mary Riecke



“Taking Care of Me...” Workshops

The last person most of us consider taking care of is our self! There is always someone or something else that needs our attention! Yet it is when we give our self permission to care for our self as we would for others and commit our self to that process, that we can truly care for others and live life more fully!

“Taking Care of Me...” is a process. It is not a one-time event. Workshops are a way for us to discover, rediscover, and explore ways to truly take care of our self.

Workshops use lecture, experiential exercises, music, nature, art, meditation, and journal writing to explore ways to access and share the healing energy of compassion.



Caring for the mind, body, emotions and spirit!

“Taking Care of Me...” Workshop Objectives

- Participants will recognize a space of a quieted mind/centeredness.
- Participants will explore the value of a quieted mind and of making decisions from this space.
- Participants will learn ways to quiet the mind using nature, music, meditation, journal writing, and other “tools”.
- Participants will be aware of what it means to live in the moment, and recognize how much is missed when we continually live in the past or for the future.
- Participants will examine challenges for their gift and lessons. Life can be better enjoyed when the value and/or the more jovial side of a challenge can be recognized.
- Participants will recognize blocks in their own lives that prevent them from living life fully and receive suggestions of ways to work around or through the blocks.
- Participants will increase their awareness of life all around them, recognize what brings them joy or tension, and learn ways to deal with issues that present themselves in every day life.
- Participants will learn tools to help reduce stress, increase coping skills, enhance joys, and take better care of self.

Workshop Facilitators:

Don Armstrong is a Certified Healing Touch Practitioner and retired farmer, teacher and coach. Don will challenge you to claim your birthright. Don teaches balance, the unity of love and that there is always another way to see.

Mary Riecke is a Certified Healing Touch Practitioner, Certified Reflexologist, raindrop massage therapist, and a pharmacist. Mary’s presentations focus on self-knowledge, self-discovery, self-appreciation, and the awareness of the power of love. Mary sees challenges as opportunities. She encourages one to live life fully, treasure each moment, appreciate beauty and share love.

Don and Mary have taught and organized various workshops on healing touch, journal writing, meditation, dreams, reflective rituals, stress management, and personal growth and development. “Taking Care of Me...” workshops offer the opportunity for participants to open to constructive ways of dealing with life’s challenges and invite the participants to see the gift in those challenges.

Workshops are adaptable to a variety of audiences and time frames! Be sure to discuss your needs and desires for workshops in your area! For more information call or write to: