

Personal Empowerment

SUMMER 2018 / HFT3074 / 3-credit hours / May 11-13 and 18-20



Has procrastination been weighing you down?

Do you feel stuck in some areas of your life?

Do you want more clarity?



GOALS

1. *To identify a career path aligned with your own values.*
2. *To have a roadmap to pursue and achieve personal and professional success.*
3. *To help you gain clarity regarding your talents and skills as they relate to your life purpose.*
4. *To increase your resiliency, solidify your intentions, graduate on time.*

You have probably never had the opportunity to learn about Self-Science or the Science of YOU... until now.

I am excited to share with you all the knowledge, tools and techniques that will allow you to have control of your life.

BENEFITS

At the end of this two-weekend 3-credit hours course you will have:

- ***Removed many of your inner obstacles to personal and professional success***
- ***Created a personal success blueprint***
- ***Gained a toolbox of indispensable personal empowerment techniques***
- ***Formulated a specific and easy-to-use life plan***

Sandro Formica, Ph.D.
sformica@fiu.edu

• Location: F.I.U. BBC
Building LIB 160

• Time: Fri. 5:30-9:00
Sat. & Sun. 8:30-6:00

Date: May 11-13 and 18-20
2018

