

# LIFELINES FLOURISH.



## A PERSONAL GROWTH CURRICULUM FOR ADULTS

The mission of **Lifelines**, the division of MindSpring concentrating on adult services, is to provide individuals with the skills and motivation needed to better their personal and professional lives through the understanding and mastery of the forces shaping them. We believe, therefore, that YOU are the source of your experience in life.

The 4 Targeted Areas of Growth (TAG) that comprise **Lifelines** represent years of study of the major factors that relate to transformational personal growth experiences. They are designed to motivate you to gain significant skills and insight in creating better mental, emotional, and physical habits, while training up your strengths and managing your weaknesses.

Without a doubt, we believe that the most empowering developmental processes are those that increase your understanding of who you are, your purpose in life, and your dreams. Therefore, **Lifelines** focuses on the skills and techniques that allow you to achieve those goals.

To aid in this process, discovery tools, models, and assessments are used in each program.

### Assumption for the Individual

The future of your professional and personal life is determined by how well you come to understand and master the forces and dynamics that are shaping it.

## Targeted Areas of Growth

### A Mountain Relaxation: Developing Wellness

**A Mountain Relaxation** focuses on increasing your understanding of personal wellness and teaches techniques that reduce stress and impact the physical, as well as mental aspects of daily living.

### Electricity and Boredom: The Relationships Workshop

Over the course of the program, you will gain a working knowledge of how your relationships are formed, what makes them wonderful and what makes them break down. Most importantly, the workshop focuses on three primary barriers to successful relationships.

### Emotional Intelligence in Daily Living and Working

Our definition of emotional intelligence is the ability to direct the flow, energy, and intention of your emotional machinery at will, regardless of the circumstances. This workshop will give you the opportunity to increase your ability to do just that in a supportive environment.

### Cathedrals and Brick Walls: Creating Your Future

**Cathedrals and Brick Walls** is a powerful workshop that provides you with the behavioral technology and opportunity to transform your founding thoughts that have created your life as you experience it now. Careful attention is given to the development of thought, what you truly desire, and the barriers that block your way.

## Calendar for 2003

### A Mountain Relaxation: Developing Wellness

July 17-20  
October 16-19

### Boredom and Electricity: Dynamics of Relationships

June 19-22  
October 23-26

### Brick Walls and Cathedrals: Creating Your Future

July 10-13  
September 11-14

### Emotional Intelligence in Daily Life and Work

June 26-29  
July 31-August 3



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