



YMCA BUSINESS CENTRE PRESENTS SUCCESS THROUGH BALANCE WORKSHOP SERIES

Pre-registration is Recommended
Please call (905) 948-9622 to register
Or email: ybc@ymcagta.org

All workshops are delivered at YMCA Business Centre -Unit 3, 4855 14th Ave., Markham

Presented by:

Zale Tabakman

Writer, Speaker, Consultant

www.ZaleTabakman.ca

MONDAY, OCTOBER 15, 2007 - 2:30PM to 4:30PM

LECTURE 1 SUCCESS THROUGH BALANCE - UNDERSTANDING SUCCESS

This session introduces the concepts for becoming successful. Learn why Success is earned and is not luck. Learn who the experts are in becoming successful and what they have to teach you about becoming successful. Learn all about the power you have to become successful. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, OCTOBER 22, 2007 - 2:30PM to 4:30PM

LECTURE 2 SUCCESS THROUGH BALANCE - CHOOSING YOUR SUCCESS

In this session you will learn how to become the master of your own destiny. Each student will create their own list of goals. Then the students will learn how-to use this list to start getting what they want. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, OCTOBER 29, 2007- 2:30PM to 4:30PM

LECTURE 3 SUCCESS THROUGH BALANCE - CREATING YOUR SUCCESS TEAM

Absolutely nobody becomes successful on their own. Everybody needs somebody, sometime. In this class, you will learn how-to create your own personal success team, what is required of the team and why they will want to be part of your team. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, NOVEMBER 5, 2007- 2:30PM to 4:30PM

LECTURE 4 SUCCESS THROUGH BALANCE - WORKING FOR SUCCESS

Everybody has heard the term – Work Smart – Not Hard. What does it mean to work smart? How does somebody work smart? How can a person with limited education work smart? What does it mean to work hard? These and other questions are addressed in this session with how-to work activities. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, NOVEMBER 12, 2007- 2:30PM to 4:30PM

LECTURE 5 SUCCESS THROUGH BALANCE - POSITIVE MENTAL ATTITUDE

A positive mental attitude (PMA) is the single most important thing a successful person has. But how does one get it? Are you born with it? The answer is that it can be learned. A PMA can unlock almost every door in the world so that nothing will stop you from being successful. In this session, the class will learn how-to create their own personal PMA. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, NOVEMBER 19, 2007- 2:30PM to 4:30PM

LECTURE 6 SUCCESS THROUGH BALANCE - THE POWER OF TIME

What do you, Bill Gates and George Bush have in common? You all have 168 hours in a week. This session is not about time management, it is about how to understand the value of time. Learn how to count on time to solve your problems. Learn how to trust in time. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

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MONDAY, NOVEMBER 26, 2007- 2:30PM to 4:30PM

LECTURE 7 SUCCESS THROUGH BALANCE - GROWING EMOTIONALLY

Emotions are wonderful things, they will keep you out of danger and they will lead you to success. But, you need to use them. In this session we learn how-to let your emotions become your guide to success. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, DECEMBER 3, 2007- 2:30PM to 4:30PM

LECTURE 8 SUCCESS THROUGH BALANCE - GROWING INTELLECTUALLY

A successful person is always learning something. The class will learn the different ways people learn. The class will identify the barriers to learning and some specific how-to steps to increase their learning. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, DECEMBER 10, 2007- 2:30PM to 4:30PM

LECTURE 9 SUCCESS THROUGH BALANCE - MARKETING YOURSELF

A successful person must market themselves. By marketing, we mean making sure that the people critical to your success become aware of you. There are numerous ways to make the world aware of how wonderful you are. In this class we will cover some of the basic and not so basic ways of achieving this. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, DECEMBER 17, 2007- 2:30PM to 4:30PM

LECTURE 10 SUCCESS THROUGH BALANCE - TURNING CHALLENGES INTO OPPORTUNITIES

Sometimes it seems that everyday some thing new stops us from getting what we want. In this class we look at what it takes to overcome adversity. And in fact we learn how adversity actually helps us become successful. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.

MONDAY, JANUARY 7, 2008- 2:30PM to 4:30PM

LECTURE 11 SUCCESS THROUGH BALANCE - HANDLING YOUR SUCCESS

At this point everybody in the class who has been doing the work will be experiencing success. How do we handle this success? How do we ensure the success keeps coming? What do we do to improve the rate of success? How do we help others meet the same challenge? This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.



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MONDAY, JANUARY 14, 2008- 2:30PM to 4:30PM

LECTURE 12 SUCCESS THROUGH BALANCE - YOU WILL GET WHAT YOU WANT

This is the wrap up session of the certificate program and is only open to students who have attended 8 sessions or more. Those who have attended all sessions to date will receive their certificate. Due to space constrictions - each student may bring one person with them. This session is part of a certificate course with a class once a week. You must attend all the sessions to receive the Certificate.