

## Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

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

Telephone (day) \_\_\_\_\_

(evening) \_\_\_\_\_

e-mail \_\_\_\_\_

Nursing License # \_\_\_\_\_

(for those taking the day for credit)

## Return with \$50 payment by

**April 16, 2010**

Sister Noreen Walter  
Marillac Center  
4200 South 4<sup>th</sup> Street  
Leavenworth, KS 66048  
retreats@scls.org  
(913) 758-6552

## Registration Deadline:

April 16, 2010

Scholarships are available for those unable to pay for the program.

## What others have said about this day!

“Absolutely fabulous! Both speakers were knowledgeable, enthusiastic, funny and sincere. My life will be better because of this day.”

“This was enjoyable and thought provoking. It was truly a gift.”

“This was exactly what I hoped for—today was a present to me!”

“Two presenters with different presentation styles kept things rolling! I liked all the different learning methods used—well done!”

**Marillac Center**  
4200 S. 4th Street  
Leavenworth, KS 66048  
Phone: 913-758-6552

e-mail: retreats@scls.org

[www.MarillacCenter.org](http://www.MarillacCenter.org)

*Living in  
Full  
Swing*



Five CNEs available to health professionals for this program.

**A great gift to  
Administrative Assistants!**

**Marillac Center**  
Leavenworth, Kansas

**April 27, 2010**

# Maximize Your Mind/ Body/Spirit Performance With Purposeful Risk Taking

Cathy Newton, PRT Consulting, Inc. &  
S. Noreen Walter, SCL

**Synopsis:** What if you could...welcome change?...positively influence other people?...create good health?...maintain your integrity?...and grow spiritually? Achievement of these competencies—Innovation, Influence, Immediacy, Integrity and Inspiration—requires some RISK. A negative view of risk can put blinders on your personal growth. Get a power charge to propel you “back in the swing” of purposeful risk taking to improve your MIND, BODY and SPIRIT. Learn practical strategies for maintaining habits that contribute to rather than compromise your performance and well being. **Risk it!**

## Date/Time:

Tuesday, April 27, 9:00—3:30

**Location:** Marillac Center, 4200 S. 4<sup>th</sup> Street, Leavenworth, KS. (There is no sign marked Marillac. Look for the Sisters of Charity sign on the front lane, you will see this sign on 4th Street.) Need additional directions? Call Sister Noreen Walter at (913) 758-6552.

**Target Audience:** This seminar is open to anyone who is interested in self-improvement and a personal enrichment day! A perfect day for Administrative Assistants. We are offering this both in November and April! (Administrative Assistance Day is April 21, 2010).

## Objectives:

Upon completion of this program, the participant will be able to:

- Describe purposeful risk taking.
- Identify meaningful strategies to develop the competencies of innovation, influence, immediacy, integrity and inspiration.
- Examine the relationship between caring for self and maximizing mind, body, spirit performance as well as quality of service to others.

**Cost:** \$50.00. Fee includes lunch and Cathy Newton’s book, [Living in Full Swing](#) (2007).

**Registration Deadline:**  
**April 16**

**Providence Medical Center Education Department is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. 5 contact Hours. You must attend entire session to receive credit, no partial credit will be given.**

**If you wish CNE’s for this day, you must register with Providence Medical Center at:**

<http://www.peopleware.net/index.cfm?siteCode=0131&>

For more information call (913) 758-6552

register at

[www.MarillacCenter.org](http://www.MarillacCenter.org)

## Give yourself the gift of this day!

This is a personal enrichment day for anyone interested in making changes in your life! Don’t miss this opportunity for a really enjoyable day.

**Cathy Newton** is the Risk Enhancer. She is a professional speaker who inspires people to take the right risks for the right reasons. Cathy gets people in the full swing of purposeful risk taking. She is a speaker, author and facilitator who helps people take on challenge, improve performance and regain energy through **purposeful risk taking**.

Cathy is the author of three books: ***Living in Full Swing, RISK IT! and It Takes Character***.

**Sister Noreen Walter, SCL** is the director of Marillac Center. She has given numerous retreats and workshops in the United States and Canada. Sister Noreen’s sense of humor and delight in life encourage others to live life to the fullest. She inspires others with stories and examples from life! Her fifteen years in secondary education, along with her work in pastoral ministry and vocation ministry have lead others to live inspired lives with purposeful living.

Sister Noreen is a certified Spiritual Director and holds a masters degree in Pastoral Studies from Loyola Marymount University.