

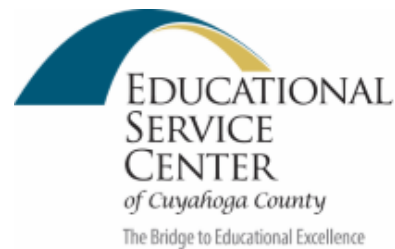
# HEART-CENTERED LIVING & LEADING

PRESENTED BY: LAURA PURNELL, PH.D., ACHT

**OCTOBER 27, 2016**

**8:30 AM – 3:30 PM (REGISTRATION 8:30 – 9:00)**

EDUCATIONAL SERVICE CENTER OF CUYAHOGA COUNTY  
ESSEX PLACE



6393 OAK TREE BLVD., INDEPENDENCE, OH 44131

***Energy & Matters of the Heart*** and ***The Empowerment Dynamic*** is the foundational, comprehensive workshop that introduces the key principles of heart-centered living and leading!

Laura, a retired urban school superintendent, and practicing transpersonal hypnotherapist, coach and healer, facilitates this experiential program that supports leaders in developing key principles and practices associated with personal transformation and getting results- personally and professionally.

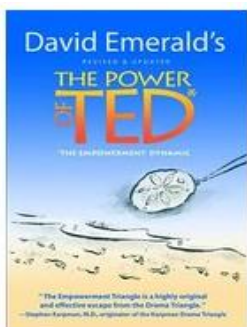
- *Energy matters, a lot!* **Energy management is more important than time management** when it comes to being, doing, and feeling our best. The quality of our energy significantly impacts all areas of our lives. Everything is energy.
- *The heart matters, a lot!* Understanding the power of the heart and its relationship to our brain is critical to well-being. Coherence between the heart and mind is essential to effective collaboration, our intellect and creativity, health and vitality, and in our relationships with our colleagues and loved ones. **The heart radiates an electromagnetic field that energetically affects those around us.** Knowing how to harness the heart's energy enables us to meet obstacles with clear knowing and find solutions to some of the world's most complex problems-such as providing equitable educational experiences for all children.

<http://www.educationalalchemist.com/>

**Registration:** [www.esc-cc.org/](http://www.esc-cc.org/) Professional Development/Calendar of Events

**Cost:** \$150.00 per person, includes the book *The Power of Ted*. Lunch will be on your own.

**Program Question?** Contact Paula Kucinic at [paula.kucinic@esc-cc.org](mailto:paula.kucinic@esc-cc.org) or at 216-901-4244



FOR MORE INFORMATION CONTACT: TRACY SPIES AT [TRACY.SPIES@ESC-CC.ORG](mailto:TRACY.SPIES@ESC-CC.ORG) OR 216-901-4229