

## The Workshop

*Are you ready to create the life you've been dreaming of?*

Gather up your dreams and join Pam Ammondson for a wonderful, life-altering retreat in the heart of Tuscany. Step away from your busy schedule and experience your own personal renaissance. Spend seven luxurious nights in the Tuscan Renaissance Center, a beautifully restored and converted 13<sup>th</sup> century monastery located in the Chianti wine region, one of the most beautiful areas in the world.



From the moment you enter the gates you'll feel transported to a magical place. Surrounded by cypress trees, vineyards, colorful gardens and spectacular views, you'll quickly fall under the spell of its positive, life-changing energy. It's an ideal location to reflect, revitalize and refocus your life.

There's a delightful word in Italian, *accendere* (ah-chen-deh-ray), which means to light up, to ignite, to kindle, to spark off and switch on. *Accendere* is the guiding principle for the week's activities.

*Join us for an adventure of a lifetime. Light up your passions. Light up your dreams and start living the life you were meant to live.*

## What To Expect

The retreat will begin with a welcome wine reception and dinner on Saturday night and end the following Saturday.

You'll participate in fun exercises, activities and discussions to prompt you to think creatively about your life, identify your greatest strengths and gifts, and

design a life in harmony with your core values. Pam will facilitate, mentor, cheer you on and challenge you to live your dreams and create a fulfilling and joyful life.

The exercises will help reach a deeper understanding of who you are and what you really want, develop a clear vision and devise an action plan to make that vision a reality.

*On a deep level, we know the type of work and relationships that will make us feel alive, happy and gratified. Pam will help you access this wisdom and help you create your best possible life.*



During the week you'll have a chance to explore charming Tuscan towns and villages, shop in an authentic outdoor market, have a private tour and tasting in a winery, take nature walks, swim in the pool, relax, star gaze, watch the fireflies at night and share delicious meals together.

## Who Should Attend

This journey is right for you if you:

- Long for time to slow down and look at your life from a fresh perspective
- Feel stuck in a life that's too small for your spirit
- Are re-evaluating your life's purpose
- Are ready to bring a personal or professional dream to life
- Want to breakthrough any fears that may be holding you back
- Desire your life path to reflect who you are, what you value and what you love

## Cost



\$2495 per person; \$2095 for non-participants  
Supplements: \$550 for single room; \$150 p/p for suite, if available.

## What's Included

- Seven nights shared double room. All rooms have private modern bathrooms, air conditioning, Wi-Fi Internet access and all amenities. There is a large swimming pool on the property
- Daily traditional breakfast and dinner with wine
- Daily workshops
- Excursions to Siena, an outdoor market and local hill towns
- Pick up from the Florence train station at 3:30 p.m. on arrival Saturday
- Transfer to bus/train station in Siena on final day
- A take home workbook and two follow-up one hour group conference calls with Pam

## What's Not Included

- Airfare
- Lunch
- Optional dinner in a winery

## Follow Your Heart

Register soon if your heart is urging you to attend! Space is very limited. Contact Pam for more details:

- Email: [pama@ammondson.com](mailto:pama@ammondson.com)
- Call: 707-481-7506.

A \$500 non-refundable deposit to secure your reservation is due by April 16. Balance is due by May 1, 2012.

## Workshop Facilitator

Pam Ammondson is a popular speaker, life coach and author specializing in new beginnings. She has helped corporate executives, small business owners, professionals and life changers to clarify what they really want and take control of their lives with a new sense of purpose and vision. She is dedicated to helping people rediscover their amazing gifts, rekindle their passions and joy and offer their gifts to the world.



Pam is the author of the book *Clarity Quest: How To Take a Sabbatical Without Taking More Than A Week Off* (Simon and Schuster) and her work has been featured in *Time magazine*, *Psychology Today*, *The Los*

*Angeles Times*, *Working Mother*, *Fitness*, *Escape*, *National Public Radio*, *The San Francisco Chronicle*, *NBC Nightly News* and the *Business News Network*. Pam is a certified Core Strengths Coach, specializing in strengths-based positive psychology.

## What Others Are Saying

*"Your workshop was a big hit! What I got to experience was absolutely exceptional! You have such a lovely and natural way of communicating with people. I learned so much from you in such a short period of time."*

**Michele Mokrey, Spokane's Celebration for Women**

*"Pam Ammondson's workshop is everything it promised and more! It is an excellent, guided, workshop for the person in need of recharging the spirit or in working through a meaningful career or personal transition."*

**Irene Economou, Hewlett-Packard Company**

*"Thank you for reminding us how very wonderful people can be! We send you our warmest, heart-hugging, every-loving thanks for everything."*

**Judy Davison, Virginia Hughes, Nancy Mathews, Marie Cotton, Susanna Simms, Between Women**

*"Thank you so much for presenting your program. Your presentation style is very effective and well received by the participants. I thoroughly enjoyed the opportunity to work with you."*

**Sandra Speerstra, Benefis Healthcare**

*"Your workshop has had a dramatic effect on my life. I have been able to confidently and comfortably make fundamental changes to my career and life."*

**Greg Moore, AT&T Wireless**

*"I found your approach to be fresh and insightful. Thanks for sharing your experiences and providing a program for people to renew and recharge and regain control."*

**Sandra Sanchez, US WEST Communications**

*The workshop you led for us was exceptional! Everyone was pleased."*

**Kathrina Ramsted, University of Great Falls**



## A New Chapter Bringing Your Dreams to Life



**Tuscany Workshop  
June 16-23, 2012**

*"Twenty years from now you will be more disappointed by the things that you didn't do than by the one's you did do. So throw off the bowlines. Sail away from the safe harbor.*

*Catch the trade winds in your sails.  
Explore. Dream. Discover."*

Mark Twain