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Visit us on the Association's website

www.euma.org/switzerland

Next EUMA CONFERENCE





EUMA Italy and EUMA Switzerland
are pleased to invite you to attend

a Crossborder Event
Workshop: Self Mastery
Friday–Sunday, 25-27 June 2010



Venue:
Hotel de la Ville **deluxe**
Via Hoepli, 6 – I 20122 Milano – tel. +39 02 8791311
www.delavillemilano.com

*Are you not yet a EUMA member but interested in our activities
and joining the only European Management Assistants Network?
Check for more information on www.euma.org*



SELF MASTERY: RECLAIMING YOUR CORE CONTROL AND POWER™

The Trainer

Angie Katselianos is a widely acclaimed consultant, Head of Platinum Performance International. Since 1999 she has trained, coached, counseled and consulted with government officials, business leaders, corporate work forces and private individuals around the globe. Her work is living proof that every individual is capable of growth and success beyond their imagination when they align their heart with the mind to create value.

The Topic

Life Mastery is the indisputable consequence of emotional- and self mastery. These two factors are as separate as they are inter-linked. Since emotions are *reactions* based on your perceptions, what you perceive as 'good or bad' is dictated by your VALUES.

The key to Self Mastery is concealed in your individual values which represent the building blocks of the Self. No two people have the exact same values configuration: your Values' DNA is as unique as your own fingerprints. Likewise, *the hierarchy of your Values determines your Destiny.*

Embark on this exciting journey to effortlessly uncover the structural pillars of your being. Reclaim your core control and power by connecting with your inner Self today!

Benefits of this workshop include the following results and outcomes:

- Feeling more empowered.
- Demonstrating higher integrity through principled-centered decisions.
- Increasing self-esteem and self-worth.
- Gaining higher appreciation and respect.
- Greater emotional control.
- Mitigating guilt and anger.
- Improving communication in personal and professional relationships.
- Enhancing personal well-being and confidence
- Greater life-work balance.



Weekend Programme

Friday 25 June

20h00 Dinner at an old truly Italian Pizzeria in the city center, steps from the hotel (optional, at own expenses)

Saturday 26 June

08h45 Welcome
09h00-13h00 **Training Session ****
10h50 Coffee
13h00 **Lunch** at "L'Opéra Restaurant"
14h30-16.30 National AGM (EUMA Italy members only)
14h30 For other participants: time at leisure
20h00 **Social Dinner** at the elegant Restaurant Conte Camillo (walking distance from the hotel, meeting in the lobby)

** *Training Session is limited to 40 participants* (based on first come, first served). Partners are welcome to attend all social events (lunches, dinners, tour) and also the Training Session, if seats available.

Sunday 27 June

10h00 90-minute Sightseeing tour by a private bus (min. 20 pax). Starting point near the hotel. Multilingual commentary. Tour programme available.

For participation fee, registration and payment terms: see attached Form.

The venue: Hotel de la Ville ****deluxe

Located in the city center, this elegant hotel is at a walking distance from the Duomo, the Scala Opera House and the fashion district. Restaurant "L'Opéra", traditional Mediterranean cuisine with innovative touches. The hotel has gym, sauna, Jacuzzi, Turkish bath and a floor terrace, with a relaxing pool and panoramic view. www.delavillemilano.com. Via Hoepli, 6 – 20122 Milano – tel. +39 02 8791311. *How to get there*: Airport: Milano Linate km. 15; Milano Malpensa km 45 / Railway Station: Milano Centrale km. 2 (also headline for bus from the airports) / Subway: Red line 1 and Yellow line 3, both stop at Duomo.