

# MeaningfulWorld

ASSOCIATION FOR TRAUMA OUTREACH & PREVENTION

with Dr. Ani Kalayjian



## Hybrid Workshop, Saturday, 18 November 2023



## Mindful Leadership & Forgiveness

Conscientious Leadership, Forgiveness, MeaningfulWorld View, Logotherapy

**Facilitator: Dr. Ani Kalayjian, Founder - ATOP Meaningfulworld**

**Visionary Speaker: Lo Anne Mayer, B.S., Treasures in Grief: 7 Spiritual Gifts**

### HOW CAN YOU MAKE YOUR LIFE MORE MEANINGFUL?

Attend this program & become a Meaningful World Ambassador  
for Humanitarian Relief & Peace-Building

#### Program focus:

- Review the importance of service
- Learn to integrate mind-body-spirit-soul-environment connection
- Learn the 5 shadows impacting us negatively and 5 pillars of service
- List & describe 12 steps of mindful leadership
- Integrate benefits of forgiveness while shedding light on myths of forgiveness
- Practice forgiveness and forgiveness meditation and learn about religions and forgiveness
- Learn healthy patterns of connecting with ourselves, the world, those we serve, and the universe
- Includes didactic presentation of theory, method, research, and techniques



This workshop is recommended for those seeking a greater understanding of emotional management, lessons learned, transforming vicarious trauma and Horizontal Violence, peace building, meaning-making and transcendence.

This is also for those planning to become Meaningfulworld Ambassadors and for joining our Humanitarian Outreach Programs around the globe.

RSVP to: [EdCoordinator@Meaningfulworld.com](mailto:EdCoordinator@Meaningfulworld.com)

Phone: 201-941-2266

DATE: Saturday, 18 November 2023

TIME: 10:00 AM - 3:30 PM

**10:00 AM - 12:30 PM** - Welcome, Lecture, Visionary Speaker Presentation and Discussion

**1:00 PM - 3:30 PM** - Film, Experiential Soul-Surfing Exercises, Experiential Healing Session and Meditation.

**FEES:** Online Participants via Zoom: \$40

**FEES (In-Person):** Full (\$125), Graduate students or retired (\$75), Undergraduate students (\$60), ATOP interns (\$30), 4 or more in a group will receive 20% off

Includes: Bach/Flower remedies, pre-post test, collective gratitude

Register early as space in this workshop is limited!

\* **Pay online securely at:**

<http://meaningfulworld.com/getinvolved/donation>

\*ALL FEES INCREASE \$10 after 09 November so make your payment early!

Receive Continuing Education Credits for the following professions: Marriage & Family Therapy, Mental Health Counseling, Creative Arts Therapy, Music Therapy and Psychoanalysis

**When one helps another, BOTH become stronger**