

Native Wellness Institute

Power of Positive Thinking Seminar

March 13 – 15, 2012

Mystic Lake Casino Resort

Prior Lake, MN

AGENDA

Tuesday, March 13th

7:30am Registration/Continental Breakfast
8:30am Welcome & Introductions
9:15am Icebreakers & Team Building
10:00am What is Positive Thinking?
Noon Lunch (on your own)
1:30pm Positive Affirmations
3:00pm Break
3:15pm Team Exercise
4:30pm Closing
5:00pm Adjourn

Wednesday, March 14th

8:00am Continental Breakfast
8:30am Opening, Check-in, Review
9:00am The “Real Secret”— Why Our Culture is Positive
9:45am Reinforcing Your Positive Belief System
10:15am Group Activity — “I AM!”
Noon Lunch (on your own)
1:30pm Process Victory — Talking Circles
3:15pm Break
3:30pm River of Life
4:30pm Closing
5:00pm Adjourn

Thursday, March 15th

8:00am Continental Breakfast
8:30am Opening, Check-in, Review
9:00am Reflection Books
10:00am Team Exercise
11:00am Taking the Next Step
Noon Lunch (on your own)
1:30pm Breaking Your Barriers
2:30pm Break
2:45pm Applying Positivity to Work, School, and Home
4:30pm Closing
5:00pm Adjourn

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