



The Four Wisdoms of Creativity

**Lectures & Workshops
by Elizabeth Welles**

If you are looking for an inspirational and motivational experience for yourself or for your team, Elizabeth Welles' lectures and workshops, *The Four Wisdoms of Creativity*, is exactly what you need.

Tap into your own visionary spirit to bring greater creativity, joy and abundance to your personal and professional life.

The Four Wisdoms of Creativity help you explore your own creativity and self-expression, reduce your stress and learn relaxation, enhance the body-mind connection and define success on your own terms. Using journaling, word-play, guided imagery, meditation and playful practices that stretch you beyond your imagination, you open yourself to receive the abundance that you have been striving to attain.

The *Four Wisdoms* will help you

- ❖ gain perspective and bring focus and clarity
- ❖ open windows of possibilities into unexplored options
- ❖ enhance presentational style
- ❖ improve team work, brainstorming and problem-solving
- ❖ increase the value and quality of your time
- ❖ bring together organizational and personal goals and dreams
- ❖ uplift and renew your spirit

Elizabeth Welles is the founder of *The Four Wisdoms of Creativity* and *The ISIS Method for Stress Reduction*. She is also the editor of *Women Celebrate: The Gift in Every Moment*, and the creator of *The Meditation for Relaxation CD*.

For additional information:

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What people are saying about Elizabeth Welles

I know the agency world, and I believe any agency could benefit from having someone like Elizabeth available (even "on call"). However, there is only one Elizabeth. Her perceptiveness, creativity, articulateness and especially her intuitive sensibility set her apart.

Stuart A. Cowan, Executive Consultant

Her work is inspired and concrete. Guests rave about her programs and we hire her again and again.

Elizabeth Horton, Director of Activities at the Oaks in Ojai

Elizabeth combines a compassion for people with a true gift for healing that is rare to find.

Richard Lipton, Television Producer

Elizabeth helped me regain my confidence and focus. A session with Elizabeth is like taking a two-week vacation.

Beth Salamon, Advertising Adm. Assistant

This training is about making more time in your day without taking more time.

Rebecca Brownstein, Managing Director, IMI

When I met with Elizabeth, I was blocked creatively, overwhelmed by to do lists and responsibilities. All I said to her was 'I need help feeling creative again. I'm burned out.' From that wonderful session with her, sprang forth a wealth of creative ideas. I put to use the suggestions she had to enhance my creative writing space and things to do to nourish my spirit. The creative spurt has not halted, thank Goodness. I thank Elizabeth.

Shy person requesting anonymity

A unique and special experience packed with powerful tools to ease the tensions of day to day living . . . completely different from any other type of relaxation therapy.

Keith Prince, Realtor

Gentle methods, magical results.

Amy Powers, Attorney