

# HAVEN PALM BEACH

JOIN US WEDNESDAYS!  
CREATE@HAVEN WORKSHOP SERIES  
“CULTIVATING RESILIENCE IN CHALLENGING TIMES”  
FEATURING AUTHOR AND LIFE COACH MINX BOREN, MCC  
EVERY WEDNESDAY IN APRIL 11AM- 2PM

## WE LIVE IN DIFFICULT TIMES!

From personal to global and everything in between, we face challenges and uncertainty no matter where we turn. How do we find ways to respond rather than react to all the vies for our attention and threatens to overwhelm us? Drawing on cutting-edge research from the fields of Emotional Intelligence, Positive Psychology, and Brain Science, Coach Minx Boren will present information, resources and immediately useful practices that can impact our resilience - our ability to adapt and bounce back. These 4 interactive workshops will explore ways to stay centered, clear-minded, open-hearted and positively focused.

*MINX BOREN is a Master Certified Coach (MCC) credentialed through the International Coach Federation. She is the author of 16 books and workbooks. Coach Minx has been developing and presenting innovative programs that support health and balance, reflection and achievement for 45 years. She is a past president of Executive Women of the Palm Beaches and has served on the Board of the Women's Foundation of Florida since 2007. Minx is a 2013 recipient of the Giraffe Award, presented by the Women's Chamber of Commerce to women who "stick their necks out for others."*



## APRIL 6

**STRESS MAKES US STUPID!**  
Dis-Ease interferes with our ability to think clearly and function well.

## APRIL 13

**STAYING HEALTH-WISE.**  
A strong body, healthy mind, indomitable spirit.

## APRIL 20

**FINDING HOPE.**  
Succumbing to dismay interferes with our human capacity to be creative, generative, and solution-oriented.

## APRIL 27

**RELATIONSHIPS MATTER.**  
AND they are an essential aspect of stressing less.

WORKSHOP WITH LUNCH: \$65 EACH OR 4 WORKSHOP PACKAGE WITH LUNCH: \$235

CALL / EMAIL TO RSVP:

561.331.5511 | CREATE@HAVENPB.COM

211 ROYAL POINCIANA WAY • PALM BEACH, FL 33480 | @MYHAVENPB