

The Magic of Moms and Dads

*A Workshop With Thomas Crum and
Ali Crum*



Saturday, May 23

9 am – 4 pm

The Gant Conference Room

\$115 per person

FACT A: Being a Mom or Dad is a stressful, demanding, and challenging life-long job.

FACT B: Being a Mom or Dad is a meaningful, fulfilling and joyful purpose to life.

CHALLENGE: How do you get from A to B?

The *magic* is to recognize parenthood as a lifelong opportunity, an environment in which you, with awareness, can learn to:

- Be calm, centered and present in any situation
- Understand and build true power and deep connection
- Turn stress into vitality
- Use conflict as an opportunity to strengthen and build trust and to resolve issues
- Transform difficult conversations into loving relationships
- Embody the real 3 Rs: Respect, Responsibility, Resourcefulness
- Cultivate the presence and joy inherent in being a mom or dad

“Tom Crum’s unique and brilliant thinking and his pureness of intention make him a world changer.”
Mark Victor Hanson, creator of the *Chicken Soup for the Soul* series

To pre-register for Magic of Moms and Dads, go online to www.thomascrum.com; or call either Aiki Works Colorado (970-925-7099) or New York (585-924-7302); mail payment to AikiWorks, Inc, PO Box 7845, Aspen, CO 81612; or fax 970-925-4532 with credit card info. Check, MasterCard, and Visa accepted.

*Thomas Crum is the author of *The Magic of Conflict*, *Journey to Center*, and *Three Deep Breaths*, and is an internationally known facilitator on conflict resolution, stress management, and peak performance. Tom is married to Cathy Crum, the creator of the Aspen Elementary School musical production series.*

Ali Crum is a graduate of Harvard University and a psychology Ph.D. candidate at Yale.

Thomas Crum