

# COPPERTOPPE

INN & RETREAT CENTER

**Pam Kristan, Retreat Leader**

**January 8- 10, 2010**

## ***Sustainable Time Management***

Too much to do? Too little time? **Start the New Year** with a weekend retreat to 'reset' your time management clock. You will practice new skills and gain new insights to meet your challenges with creativity, confidence and good cheer.

**You will develop skills** in the three underlying areas of time management distress – the ABCs of **Attention, Boundaries and Choices**:

- **Attention** skills foster attention that's flexible or focused as needed -- you stay with important tasks rather than get distracted by unimportant ones
- **Boundary** skills keep you well-protected from unreasonable expectations, yet connected to others – you do what needs doing within reasonable limits
- **Choice** skills help you serve your truest self, others, and the greater good -- you do what you do best rather than worry about everything you might possibly do

Group experiences, writing, role-play and ritual will engage you on a practical level and in your emotions, spirituality and creativity to cultivate a life grounded in reality and open to possibility.

### **Participants have said --**

*This retreat has made a major shift in how I live – thank you.* RR, counselor

*I got concrete tips and skills, coupled with the time to understand myself.* JR, graphic designer

*It was affirming and energizing – a very comforting, nurturing place to be.* DK, social worker

Fees: \$300-\$400 include: program, four meals and lodging Fri and Sat nights. Additional nights available at \$95 per night per person. Additional meals available: Friday dinner \$20, Sunday lunch \$15. Contact Sheila at Coppertoppe (603-744-3636; 866-846-3636; [info@coppertoppe.com](mailto:info@coppertoppe.com)) to register.



**Pam Kristan**, author of *The Spirit of Getting Organized*, has been teaching spiritually-oriented time management since the mid-80's at Rowe Conference Center, The Open Center (NYC), and the Ruah Spirituality Institute and moderated speak-outs for the first two National Take Back Your Time Days. Learn more at [www.pamelakristan.com](http://www.pamelakristan.com).

**Coppertoppe Inn & Retreat Center** overlooking pristine Newfound Lake in historic Hebron, NH offers sumptuous meals,



spectacular views, gardens, library, modern amenities and lovely common areas, in a secluded, natural setting. Meals include vegetarian, vegan, and kosher options. For more information visit [www.coppertoppe.com](http://www.coppertoppe.com)