

# Are You Feeling Stuck? Overwhelmed? Frustrated?

## Maybe You Need to Change How You Change.

So much of what stands in the way of successful, sustainable change are our perceptions and the stories we've created that keep us locked in old habits and patterns.

In his "Becoming a Better You" workshop, Dr. Peter Vajda shares his knowledge of how and why we resist change so you can understand what's holding you back. He then provides you with the tools to forward the action of your life.

You will receive valuable insights and practical exercises for personal growth at work, home and in relationship

"Your workshop opened my eyes to why I was not making successful changes in my life. Now I know how to do it right."

**Dr. Peter Vajda** is the founder of the coaching and facilitating firm "True North Partnering" in Sandy Springs.

Peter's 30+ years experience in the public and private sectors includes working as a University professor, consultant, trainer, facilitator, manager and for the past 15 years as a Certified Professional Coach. Peter holds a Master's Degree in Education and a Doctorate in Education and Cognitive Psychology



***Becoming a Better You Workshop***  
**Sat., Nov. 16, 2013** ◀ 1pm - 5pm  
**The Open Mind Center**  
1575 Old Alabama Road #213  
Roswell, GA 30076, (678) 243-5074



**Presented by: Your Guide  
to a Better You  
Peter Vajda, Ph.D., C.P.C.  
True North Partnering**

Investment: \$95  
Space is limited.

Complete the registration form to reserve your space.

## **About Dr. Peter Vajda**

Dr. Peter Vajda is the founder of the coaching and facilitating firm “True North Partnering” in Sandy Springs.

Peter’s 30+ years experience in the public and private sectors includes working as a University professor, consultant, trainer, facilitator, manager and for the past 15 years as a Certified Professional Coach. Peter holds a Master’s Degree in Education and a Doctorate in Education and Cognitive Psychology

Far more than a coach, trainer and facilitator, Peter is a motivational speaker and thought leader in the field of integrative functioning and human development. His insightful presentations, and his groundbreaking workshops and seminars on the subject of personal growth at work, at home and in relationship offer valuable insights, convince and inspire his participants and audiences. Specifically he addresses topics like interpersonal skills, self-awareness, obstacles that stand in the way of personal change and transformation, and how to build and maintain healthy and conscious relationships.

Peter furthermore is a dedicated author. For the past 12 years Peter has written a weekly column – “Food-For-Thought” - focusing on moving through the obstacles and barriers that stand in the way of meaningful change. His book: *Becoming a Better You – Who You Are vs. Who You Think You Are* was published in October, 2013. <http://www.trueorthpartnering.com/>

## **What participants say:**

“Your change presentation was phenomenal. It really resonated within me. I think it is the best presentation at any...meeting I’ve attended.” Alexander Davidson, Materials, Procurement, Lean Six Sigma Professional Consultant

“Your workshop was an amazing experience - most certainly time well spent.” Tom Kounelis, Director, Brand Communication, Kounelis LLC

“You spoke at... last night about resistance to change & you were wonderful. Thank you for the advice on reprogramming.” Dawn Payne, Project Manager, Cox Communications

“It was a tremendous job you did Peter; I received lots of tremendously positive verbal feedback!” Stephen Burlingame, President Atlanta SPIN (Software and Systems Process Improvement Network)

“Peter Vajda with True North Partnering has been the keynote speaker at our meetings on several occasions. Peter offers an eclectic mix of topics which he is willing to address; all of them centered around conscious living. Each time that our organization has invited True North Partnering to join us, the topics and the conversation have been lively and thought-provoking. You will come away with a better knowledge of how to work together with others as a team; how to nourish your mind, body, and spirit; and how to laugh and not take yourself quite so seriously!” Vikki Planche, Women in Electronics, Atlanta Chapter

“Your workshop ‘Overcoming Resistance To Change’ was incredible...a life changing experience. I highly recommend this workshop for anyone who wants to stretch and grow mentality and emotionally. Thumbs up to Peter Vajda - A Guide to a Better You.” - Randall Phillips – Business Coach, GA Advisor / COO, It’s A Great Day for Business, Inc.



# Becoming a Better You - Overcoming Resistance to Change

(PLEASE PRINT)

First Name

Last Name

Street Address

City State Zip Code

Phone

Email

How did you hear about this workshop?

If someone referred you, please share their name.

\$95 / per person. Make check payable to Peter Vajda.  
Send your completed registration form and check to:

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Atlanta, GA 30328

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PARTNERING  
With Peter Vajda, Ph.D.