



MEDIA RELEASE

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Contact: Michael Ballard Resiliency for Life

416-229-4655

mballard@resiliencyforlife.com

<http://www.resiliencyforlife.com>

Contact: Cindy Gee Manager - Special Events Gilda's Club

416 214-9898 X515

cindy.gee@gildasclubtoronto.org

www.gildasclubtoronto.ca

TORONTO – Attitudinal Healing, the belief that it is possible to change your life by changing your attitude, is coming to Toronto, and it's looking for people overwhelmed with stress, fear and conflict who want to change their lives.

Toronto-based The Centre for Resiliency will run workshops on October 28-30 based on acclaimed psychiatrist Dr. Gerald Jampolsky's work that focuses on changing people's attitude about themselves, their lives and those around them. His principles of attitudinal healing, set out in 1975, are now successfully employed by thousands of people around the world.

Facilitator Michael Ballard says attitudinal healing is based on the belief that it's not people or things *outside* ourselves that causes us to be upset, but our own thoughts and attitudes about those issues. By exploring the conflicts and fear within us, we can eventually heal them, he said.

"There is another way of looking at the world that actually changes our experiences of life," said Ballard, a trained Attitudinal Healing facilitator, and president of The Centre for Resiliency in Toronto (www.resiliencyforlife.com).

Ballard has researched and implemented components of attitudinal healing for more than 14 years as a coach, professional speaker and facilitator.

"The lessons I've learned during my journey through a seven year major physical illness have taught me there is another route to take in life," he says.

Attitudinal healing has been described by Dr. Jampolsky as practical spirituality. It is non-dogmatic and does not conflict with any spiritual or religious orientation. It is a general approach to life. Attitudinal healing integrates practical spiritual principles that have been in human consciousness for centuries, into a psychological format. These principles introduce the dynamic of choice into the psychological process, and offers people the opportunity to step through the fear, conflict or separation they are feeling, and make a choice to experience peace of mind.

The October event is being done as a joint fundraiser with Gilda's Club of Greater Toronto to assist them in their efforts to support their members fighting cancer and the Children In the Hospital Program assisting children and their families supporting their mental health needs during illness. <http://www.resiliencyforlife.com/ChildrenInTheHospital>

This 2.25 day workshop will be held October 28-30. The fee is \$ 215.00 Anyone interested in registering can visit <http://www.resiliencyforlife.com/UpcomingEvents> .