

*The
Natural
Remedy
for
Stress
and
Burnout*



Finding Peace

This course brings to light an understanding of the Principles that explain how and why we are psychologically, spiritually and naturally able to experience our lives without chronic stress, at ease, in a calm state of mind.

It assists participants to find their own innate resilience that reawakens clarity, wisdom, optimism, and a healthy, vibrant outlook towards circumstances.

It explains in depth how people become incrementally more insightful and responsive in their own approach to life and work. It shows how people elicit in others the gifts that allow everyone to find happiness and well-being in an ever-changing and consistently demanding work and life environment.

This eight-unit online course is self-paced. Participants who seek Continuing Education Units will be awarded 2.5 CEU's upon completion of the course.

The instructor, Judith A. Sedgeman, EdD has more than 20 years of experience in education and training in the Three Principles as taught and discovered by Sydney Banks. She is Certified by the Three Principles Foundation, Inc.

For more information, email: enrich@mail.wvu.edu or Contact WVU Extended Learning at 1-800-2Learn2 or (304) 293-2834.

The course is recommended for anyone who is looking for less stress and more joy.

To register and pay online, visit: www.elearn.wvu.edu/Continuing