

*Information about the world comes to us through the thoughts, emotions and sensations in our body. Life is thus experienced from these three separate but interconnected centers which constitute our Tri-Life.*

## Tri-Life Leadership Training (TLT)

incorporates the core concepts of collaboration, choice and personal leadership. Our training is based on the premise that balanced leadership is a commitment to living in integrity with compassionate honesty, vision and purpose.

**TLT** is designed to be a first step along a path that leads you to increased self-awareness, more choice of action, and greater peace of mind: thus living a balanced Tri-Life.

## GOALS

- ~ Develop expanded self-awareness leading to more choices in life
- ~ Identify and transform limiting beliefs and behaviors
- ~ Develop emotional intelligence
- ~ Let go of past hurts; learn to forgive
- ~ Find your 'voice' and express your truth and understanding of life
- ~ Build effective communication skills relevant to both your personal and professional life
- ~ Have a greater connection to community
- ~ Find and celebrate the power within yourself and others
- ~ Connect to what is sacred in your life

## WHO SHOULD ATTEND?

TLT is a personal, intensive training designed for motivated adults seeking deeper understanding of themselves and how they can step completely into the power they have within.

You may have a sense that there is more to life. It is the continuation of a lifelong process of finding meaning and passion and then transforming them into action. It is an intense and liberating journey to one's inner leader, then expressing that inner leader in authentically connected relationships.

## METHODS

TLT utilizes many different psychological modalities including brief lectures, group interactions and feedback, individual processes, movement, skill building, reflective writing, along with individual and group sharing. Exercises are structured and paced to build skills and readiness for subsequent exercises. The emphasis is on accountability, collaboration, compassion, emotional honesty and physical safety.

## FORMAT

Tri-Life Leadership Training is an 8-Day program. It begins with a 3-Day session, followed two to four weeks later with a 5-Day session. There are also ongoing follow-up Focus meetings to support and further your ongoing work.

## FACILITATORS and STAFF

**Maureen Murphy, Ph.D.** is a licensed clinical psychologist in private practice. **Aldo Franchi, Psy.D.** has over 30 years of clinical experience.

Facilitators and staff are committed to helping people improve the relationships they have with themselves and others through self-awareness and healthy emotional expression.

## DETAILS

**Register Early:** Each session is limited to 6-10 participants

**Homework packet:** Homework packets are completed prior to the start of the 3-Day and 5-Day sessions.

**Tuition:** \$3750

**Deposit:** \$1200 with registration

Tuition includes: Lodging (double occupancy) during the 5-day session for 4 nights, 3 lunches and 3 dinners.

**Refunds:** (less a \$150 processing fee) are given if cancellation is received 10 days prior to the 3-Day Session.

**Payment Methods:** Check, credit cards accepted (with 3.5% surcharge) Payment plans and early payment discount available. Your employer may provide reimbursement for leadership training and your payment may be tax deductible.

2024 TRI-LIFE LEADERSHIP TRAINING

TRAINING #1

3-Day Session April 5-7, 2024

Friday 4 pm - 11:30\* pm

Saturday 8:30 am - 11:30\* pm

Ends Sunday at 6\* pm

5-Day Session May 1-5, 2024

Begins Wednesday at 3\* pm

Ends Sunday at 6\* pm

Training #2

3-Day Session Oct. 18-20, 2024

Friday 4 pm - 11:30\* pm

Saturday 8:30 am - 11:30\* pm

Ends Sunday at 6\* pm

5-Day Session Nov. 6-10, 2024

Begins Wednesday at 3 pm

Ends Sunday at 6\* pm

\* All ending times are approximate.

TESTIMONIALS

You helped me to *redefine my life* and to

*find a place so wonderful that I never knew*

*it existed.* Greg P.

*Magnificent me was buried beneath all*

*those layers of life.* Rita F.

*Tri-Life is an indescribable journey toward*

*life, clarity and interpersonal harmony.*

Terri G.



LEADERSHIP TRAINING

9403 Kenwood Rd Suite D209

Cincinnati, OH 45242

trilife2000@gmail.com

513-794-9144    www.tri-life.org

Registration Form

NAME:\_\_\_\_\_

Street:\_\_\_\_\_

City:\_\_\_\_\_

State:\_\_\_\_\_ Zip:\_\_\_\_\_

Cell:\_\_\_\_\_

Work:\_\_\_\_\_

Home:\_\_\_\_\_

E-mail:\_\_\_\_\_

Profession:\_\_\_\_\_

Circle one:

2024 TRAINING

Training #1                      Training #2

Total Amount (\$3750)    Deposit (\$1200)

Check No. \_\_\_\_\_

Credit Card: \_\_\_\_\_

Expiration date: \_\_\_\_\_ CVV: \_\_\_\_\_

Signature: \_\_\_\_\_

Print full name as it appears on your card

\_\_\_\_\_

Make checks payable to

Tri-Life Leadership Training

In Care of: R. M. Murphy Ph.D.

9403 Kenwood Rd Suite D209

Cincinnati, OH 45242



UNDERSTAND, INTEGRATE & EXPRESS  
YOUR HEAD, HEART & BODY

TRI-LIFE  
LEADERSHIP  
TRAINING

**empowers** individuals to  
enhance their *personal* and  
professional *relationships*  
through greater *self-awareness*  
deep *understanding* and  
*healthy* expression of emotion

