

Catalyst 1 Day Retreat



Date: Saturday, June 14
Time: 10am-5pm
Venue: Music Box 1564 Argyle Ave, West Vancouver
Cost: \$60 all day or \$25 per workshop
Potluck Lunch
RSVP: Alice 604 773-5231,
Email: alice@gracioushost.ca,
Web: <https://www.eventbrite.com/e/catalyst-1-day-retreat-tickets-11758763779>
FB: <https://www.facebook.com/events/629919257095491/>

Join three dynamic workshop leaders to transform your life professionally, socially and physically in the tranquility of Amble Side beach in West Vancouver!
Rosalyn Cua - Global B.A.N.K Academy
10am-12 noon, 1-3pm workshop
Iqbal Ishani - IQ Balance, 10am- 12 noon, 3-5pm workshop
Alice Zhou - Gracious Host Events & P.R
10am-12 noon, 3-5pm workshop

CODE CRACKING 101

Connect Faster & Easier with All Personality Types
Your Key is B.A.N.K - A proven Communication, Sales and Influence system refined through 15 years of practical business application to increase revenue and influence by up to 300%

Rosalyn Cua is a successful business leader with 12 years experience overseeing the growth of people, projects and ventures ranging from small non-profits to 7 figure ventures.

www.bankersisters.com

IQ Balance

- Get rid of electromagnetic charge in our body, and gain grounding through medical Qi Gong
 - Improve your sleep, lose weight, de-stress
 - Learn to protect yourself from other's negative energy
 - Doing some Chi walking along the sea wall
 - Ending the day with guided meditation with live music to retain the energy "Chi" we have gained
- Please wear comfortable clothes

Iqbal Ishani, teacher / guide of healthy nutrition & weight loss systems, Qi Gong exercises, stress release techniques, singer & song writer, radio host, and filmmaker.

www.iqbalance.com



Public Relations In The 21st Century

Learn how to write stories that media would love to cover. Gain insight to the current media landscape, including bloggers and social media rock stars, and how to build a solid relationship with them. Generate buzz and traffic for free to increase your organization's brand awareness.

Alice Zhou has run Gracious Host Events & PR for over 10 years, and successfully launched media campaigns for a variety of clients to traditional and new media.

www.gracioushost.ca

