

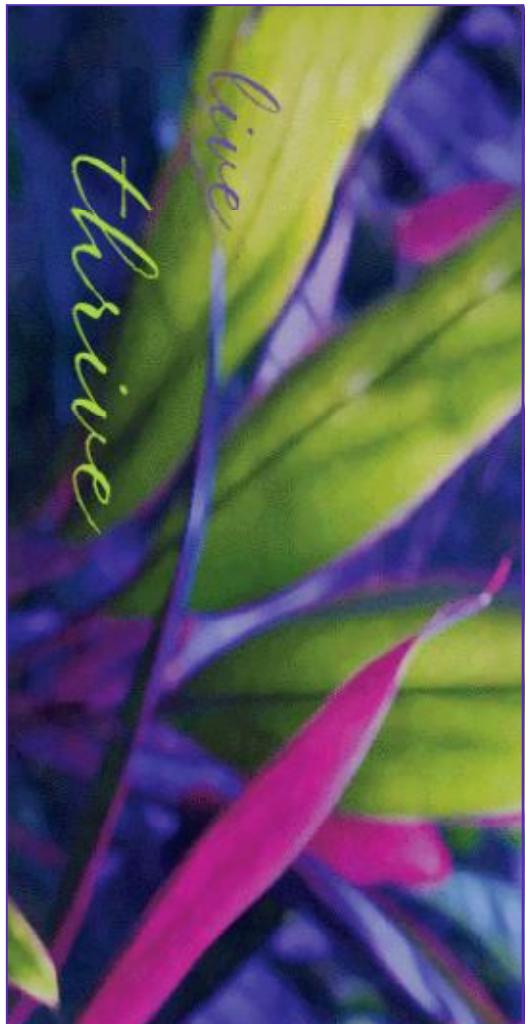
Contentment ~ Joy ~ Happiness

Consider the infinite potential of living a life where the experience of joy, love, appreciation, fun and contentment is the usual, and where managing those "off days" come with more ease. An invitation to easily blend the day to day responsibilities with the desires of your heart and the opportunity to allow yourself to believe it can be so. A life where you practice intentionality about your thinking and the recognition of the power of your feelings to guide you to the joy that is yours. Thrival Living is about joining with oneself in a place of love and acceptance.

Live more of the unlived parts of your life.



You're Invited to...



4 Unique 2012 Seminar groups offering expansive, life changing principles and tools.

Thrival Couples

Empowerment Parenting

Authentic Being

Allowing Slenderness

In these four seminars you will have the opportunity to learn from one of the leading edge practitioners and bring more satisfaction, joy and happiness into your life.

For more info visit www.thrivaliving.com or call (530) 343.9446

Authentic ~ Loving ~ Equal

Join Thrival Living Creator and Marriage/Family Therapist Shannon Sheridan as she offers her unique style, intuitive ability and depth of transformative relationship in her powerful 2012 seminar offerings. Shannon's private practice has been closed to new clients for three years and her waiting list is full. She refers an average of 15 people to other area therapists monthly. It is Shannon's desire to reach more of those seeking her teaching.

8 Sessions in 2012

These four unique Seminars will each consist of 8 sessions of 4-6 hours over the 2012 year. This allows for a great degree of flexibility and co-creation. Each session is important and builds upon the other, so you won't want to miss! If a session is missed, arrangements can be made to work with others to get the information. This works great as people have discovered they enjoy coming together between seminar sessions for additional support and upliftment. On occasion a member may need to change a date due to unforeseeable circumstances and this works fine as long as the member coordinates the change and all members can still attend the new date.

Planning Meetings

Shannon provides a unique style when scheduling class dates. Dates will be decided once all seminar group members have committed to the class and attend the first Planning Meeting. The dates will be scheduled with ALL members able to attend. (Yes, this actually works really well!) Attendance at Planning Meetings implies ones commitment. (Yes, life is unpredictable and we can make other arrangements. Nothing is written in stone!) Planning Meeting will be 3-4 hours and is free of charge. It will provide an opportunity to meet the other like minded individuals in the seminar and ask questions. Please, bring calendars and flexible spirit to the meeting! Planning meetings will take place at 341 Broadway, Suite 203 Chico, CA.

Sign Up Today

Class size is limited so reserve your space soon! Please, call: (530) 343.9446 and leave your contact information. (\$100 deposit required) No refunds once committed.

Coursework Includes: lecture, experiential, group process, and support with current personal life examples and opportunities to work directly with Shannon.

Note: All courses are appropriate for LMFT's and LCSW's. CEU's are available upon request. Trainee hours are also available as is school credit if agreed on by institution. PCE 1675 as required by the California BBSE.

About Shannon

Shannon is a daughter, sister, friend, mother, wife, lover, counselor, teacher, author, joy seeker, creator, belly laugher, up lifter, truth teller, seminar creator, seeker, dancer, kayaker, hiker, shaker and mover, among many of the other "roles" of her life. In her professional life, she is a counselor (LMFT) with a thriving private practice working with couples, individuals and families. Over 20 years, she has conducted numerous workshops, team enhancement and organizational support. She is leading edge among the most influential teachers of this time. She has been on a path of discovery her whole life and calls herself "a full emersion learner." Shannon's capacity to translate her own experience through loving acceptance, helpful tools, personal congruency and laughter, is helpful to others on their path of personal discovery. Her approach is authentic, honest, loving and equal. She believes in the human spirit and recognizes in each individual their ability to cultivate more joy. She clearly practices and lives what it is she teaches. Shannon has written: "The Couples Thrival Guide" and is currently writing: "Authentic Being" and, "Allowing Slenderness", A Vibrational Guide to Weight Loss and Loving Oneself NOW; among the other books that are percolating.



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Thrival Couples

The Thrival Couples seminar series will combine tools and techniques to support couples in learning more about themselves and each other in a collaborative and loving environment. There will be opportunities for experiential process thereby providing immediate practice of new ways of thinking and behaving. It is blended with laughter, openness and the normalization of couple's experiences with that of other couples.

What to expect:

Increased awareness of oneself and your partner.
Excellent tools for your tool box to assist in communication and personal responsibility.
Development and practice of techniques which support you and your relationship.
The experience of a collaborative and supportive environment where couples feel a sense of relief, as they share and recognize how "normal" they are.
Belly Laughs! Appreciation! Authenticity!

Exploration of Concepts such as:

No one has the power to "make" you feel anything. Nothing shows up in our relationship that we haven't invited in. Everything that does show up is a "match" to oneself whether we are aware of it or not and becomes the embedded gift. What you focus on grows. The power of appreciation. Struggle is optional, not mandatory. How someone else behaves or reacts does not have the power to define your wellbeing, worth or joy. (WOW). Self love is the most powerful gift you give yourself and your partner. What we think is what we create. Anger made less "charged." How to use anger as a tool and not have it create such polarity. What others think of me is none of my business and, what they do think says everything about them and nothing about me. Conflict management...tools to support us. Power of Intention. Selfish gets a "bad rap." Learning the power of "selfishness." The "one right way" and polarization.

Much of the work is based on Shannon's book "The Couples Thrival Guide" which will be included in the seminar cost.

"Shannon embodies her work and is truly at home with herself personally, professionally and spiritually. A person can feel this sense of "at home" when in her presence and it is contagious. She is addicted to the healing arts, which can be seen in her open, soulful, down-to-earth, energetic, healing presence. Her intuitive nature, combined with her straight-up and real statements, make her a guide that assists a person finding themselves." ~ SS

Cost: \$100 per person, per 4 hour session with 8 sessions. Tasty morsels and drinks will be provided for individual's nourishment during the 4 hour class period.
Planning Date: Jan 11, 2012, 6:00 p.m.

Empowerment Parenting

The Empowerment Parenting seminar is based on the concept that children deserve to be treated with respect, as equals and deserving consideration throughout the process of growing. This does not mean over indulged and lacking boundaries or controlled and overprotected. It DOES invite and support parenting as a joyful and expansive opportunity, which for most parents is much easier said than done! We have strong influences from our society, culture, beliefs, rules, family history... that have impacted our parenting and our children in ways that do not always "serve us." This seminar series will explore concepts that will not only change your relationship with your child(ren) but also offer healing for oneself. It is a powerful seminar for parents, teachers, administrators, daycare providers, counselors and all other's who work with or interact with children and teens in any capacity. Participants will have opportunities to provide specific life examples for feedback and new practices with Shannon's expertise.

Exploration of Concepts such as:

Children are teachers. They are naturally whole and seeking joy. Children love to feel good and do it better than anybody, AND life is suppose to feel good. Children remind us of this daily. Raising children has historically been a process of limitation, control, inequality, powerlessness and "my" right way. And all with powerful desire to raise them well! Behavior does not define the child; it is simply an indicator of their desire and attempt to meet up with it. This may show up in negative behavior. What we perceive we will receive. So how we experience our child is what will manifest. This makes it worth seeing them in their powerful light and capacity. What you focus on grows. Appreciation is one of the most powerful parenting tools we have. Communication is a reflection of our coping and also our sense of worth. Learning to communicate congruently with our children provides empowerment and strong self worth along with excellent modeling. It is not what we say but what we do and how we live that has strong influence on our children. Unconditional Love: Nothing and nobody has the power to define or dictate my wellbeing, joy, worth. Therefore my child is not here to make me feel better or do what I want in order to feel good.

"Shannon feels like a beautiful jazz piece in the way she utilizes her incredibly deep understanding of human behavior coupled with her unwavering premise we are all complete, perfect and whole human beings." PJ

Cost: \$100.00 each, per 4 hour session with 8 sessions. Tasty morsels and drinks will be provided for individual's nourishment during the 4 hour class period. Individuals or couples welcome. **Planning Date:** Jan 9, 2012, 6:00 pm

Authentic Being

Authentic Being is in its third year running and was originally designed for practitioners. Due to popular demand, Shannon has expanded the series and is now offering it to all humans who are invested in their ability to live fully and authentically. Classes include lecture, experiential, and group dialogue blended with individuals personal life experiences. This class teaches foundationally different concepts regarding our humanness and human experience. It is positive, uplifting and liberating.

Authentic Being Supports:

Every individual is a treasure; worthy, lovable and of value. This is a growth/expansion model and is rooted in the positive and optimistic. It feels good even when there is the negative. Each of us grows to the light. Contrast is mandatory for expansion. Suffering is not. Our sameness connects us and our differences are what expand and grow us. Difference is the variety and spice of life. Each individual has a multitude of personal resources, and when focused on, we grow. Every individual has the capacity to connect to who they truly are...amazing, worthy and valuable individuals, no matter the conditions. Feelings provide powerful inner guidance. We can choose happiness with practice. Beliefs are only thoughts we keep thinking and we can change them. There is no lack, and there is enough to go around! What you focus on grows. Love is a powerful agent of change. Illness is a reflection of our emotional, vibrational experience. Wellness is always possible.

"Shannon's Authentic Living series has changed my life in such a powerful and positive way. I feel she is able to take some very lofty spiritual goals that I've read about in numerous books over the years, and make them absolutely attainable and easy to grasp in my day to day life. She teaches from her own connection to Source. She flows. She channels information in the moment and is able to make it all cohesive and relevant to the topic. I feel inspired and connected after one of our days together. This information she is sharing is cutting edge and at the same time feels like ancient wisdom. I feel that is everyone or at least the majority of the planet understood and practiced this way of living, there would be peace, prosperity and equality for all." ~ MD

Cost: \$130.00 per class session which will include a scrumptious meal. There will be 6-8 sessions for 6 hours each.
Planning Date: Jan 5, 2012 6:00 p.m.

Allowing Slenderness

The Allowing Slenderness seminar will be life transforming for those women participating in its life giving concepts. Shannon has been living, breathing and practicing the "Allowing Slenderness" concepts for years and due to popular demand is now ready to bring it to a larger audience! This seminar is good for women of all ages who desire a strong and loving relationship with their body no matter the size, shape, scale or attitude. Much of the seminar concepts are non-traditional and won't be found in any of the current teachings regarding food, nutrition, weight and body image.

Exploration of Concepts such as:

"Health at Any Size", is explored. Food does not make you fat...what you think does. Making peace with where you are and learning to love yourself right now is mandatory. Body image and, or overweightedness is strongly influenced early on through family, culture and society and can be transformed. Weight is not about over eating, lack of exercise, willpower or discipline. What you focus on grows. Diets do not work and are short term remedies often resulting in more weight gain over time. Food deprivation is not necessary in order to lose weight however making friends with food is necessary. Scales in no way define what we look like or what our ideal weight needs to be. Losing weight does not have to be about effort and constriction, it can be easy and enjoyable. Emotions are a powerful indicator of our alignment with oneself. Life is suppose to feel good and the purpose is JOY!! This seminar group will be creating new and magnificent leading edge concepts related to our bodies.

A combination of lecture, experiential, group process, and individual work will be provided.

Come join in the movement of Women claiming, honoring and loving themselves UP!

*"I have learned so much from Shannon related to my body and it began by watching and listening to her own self acceptance and words like: bodacious, curvacious and yumilicious body. I watched her love her belly and embrace her body which by all societal views was unacceptable. She adorned herself and wore clothing that emphasized her body and her love and acceptance of it. She modeled for me ways to accept my current bodily state and I am learning to love me no matter what. I am on my way to a fuller, satisfying and deeply enriching life where my body or my thoughts about it no longer define my sense of wellbeing or worth and the weight is dropping off effortlessly!
I love you Shannon!" ~ EW*

Cost: \$100 per person, per 4 hour session with 8-10 sessions. Tasty morsels and drinks will be provided for individual's nourishment and delight during the 4 hour class period.
Planning Date: Jan 12, 2012, 6:00 p.m.