

Personal Development Retreat for Women

Held on the North Fork of Long
Island

Ask The Best Of Yourself.

We invite you on a journey towards personal transformation. In this peaceful retreat setting women will gain insight into themselves and explore their own personal definition of success through:

- ★ Their relationships
- ★ Their career
- ★ Their health

The retreat is held at a bay-front location in Mattituck, NY | \$200 for retreat
Retreat begins at 9a through 4p; snacks and lunch included.

Your experience on the North Fork of Long Island can also include visits to the many surrounding beaches, vineyards, farms, spas, and bed & breakfast locations that make up this unique area.

To request a specific date or location for a Personal Development Retreat, please call (631) 298-7230. For a listing of accommodations, visit www.melmarenterprises.com.

In this workshop women will learn:

- Self-Awareness and knowledge that will last a lifetime
- Self-understanding and trusting your own thought processes
- Self-management and how to exercise control and be expressive not reactive
- To set goals that deliver success in both your personal and professional life

The workshop format allows for questions and answers relevant to each individual.

Your facilitator Mary Eisenstein has conducted personal development programs with thousands of people around the world. She is also a mediator and personal coach.

For more information, retreat dates and to register, visit www.melmarenterprises.com or call 631-298-7230.