



Trilogy for Success:

The Mind, Body & Spirit
A Total Well-Being Experience®

**At Fiesta Americana Condesa Cancun
& The Miiluma Spa**

Sponsored by Enhanced Lifestyles, Ltd.
A Division of Schramko & Associates, LLC

February 22-24, 2012

Price: \$595

Brochure & Agenda	Pricing & Discounts	Registration	Hotel Information
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Hotel Cut Off Date: February 15, 2012

DEVELOP SKILLS TO MAXIMIZE LIFE SATISFACTION

- ✓ Take time out for you
- ✓ Focus on what is truly important in your life
- ✓ Learn life-long skills to get you where you want to be; **AND**
- ✓ Develop your personalized plan so you can get there!

The Trilogy for Success experience will provide you with answers to life-changing questions and more. If you feel your life is out of control because of the daily stressors you face; out of balance because there's never enough time for you or those important to you; and out of your life's purpose because you feel lost and without a plan, **The Mind, Body & Spirit Total Well-Being Experience®** will map your personalized course. By attending this program, you will leave with:

- ✓ A new sense of purpose
- ✓ A renewed energy for life and where you are going, and
- ✓ A definitive plan for how to move forward with what you really want out of life

PLUS you may conclude each day with an optional relaxing spa treatment that will rejuvenate your Mind, Body & Spirit. Through individualized coaching, and our signature 3-month post program follow-up, you will develop the necessary skills to stay on track with your personalized plan.

What You Will Get From This Experience:

- **The Thinking of the Mind:** My Assessment & Personal Development Tools:
You will be individually coached on the process of learning your strengths & weaknesses to:
 - Develop an individualized assessment of who you are
 - Conduct an in-depth review of past & present life experiences
 - Create an individualized Personal Strategic Plan

- **The Health of the Body:** How I Can Take Care of Me:
You will be individually coached on the process of discovering what is negatively impacting your day:
 - Learn principles of good nutrition & how it impacts your performance
 - Learn how to effectively eliminate, minimize & cope with daily stressors
 - Create an individualized Stress & Time Management Plan

- **The Power of the Spirit:** Reinventing Myself:
You will learn how to connect your Spirit with the Mind & Body to achieve:
 - **Success** in life/work balance
 - Greater **life satisfaction**
 - A renewed **sense of purpose**
 - For **total well-being**

*** All Inclusive Hotel Includes:**

- Room Accommodations (including all room taxes)
- Breakfast, Lunch & Dinner (buffets & all hotel restaurants)
- Open Bar
- 24 Hour Room Service
- In-Room Mini Bar
- Wireless Internet Service
- Unlimited Access to Wet Areas of Spa
- Unlimited Access to Fitness Center
- Babysitting Service (9:00 AM – 5:00 PM)
- Service Charges & Gratuities to Waiters, Bell Boys & Maids

Presenters:

[Dr. Tim D. Schramko, President, Schramko & Associates, LLC:](#)

Dr. Schramko earned his Doctorate in Management from Case Western Reserve University in Cleveland, Ohio, USA, specializing in leadership development and organization behavior. He also holds a Master's Degree in Business Administration from The University of Toledo, Toledo, Ohio, USA. His added qualifications to teach personal strategic planning & emotional intelligence concepts come from his Doctorate Degree and as a member of the Faculty at Case Western Reserve University.

[Deborah S. Schramko, CPMSM, CPT, Vice President, Schramko & Associates, LLC:](#)

Mrs. Schramko earned her professional certifications from the National Association of Medical Staff Services as a Certified Professional in Medical Services Management, and is a Certified Personal Trainer, Instructor & Counselor through the Aerobics & Fitness Association of America. As an entrepreneur, she created several health & wellness facilities, and serves as a national consultant for the promotion of wellness and health management.