



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 20-22, 2013

Price: \$595

Brochure & Agenda	Pricing & Discounts	Registration	Hotel Information
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All Inclusive Hotel*

Hotel Cut Off Date: February 15, 2013

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 will conclude each day with a 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:

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:

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.