

SELF-IMPROV-MENT™

A Playful Alternative to Self-improvement

Do you:

- * See yourself as an endless improvement project?
- * Try to fix others too?
- * Think working on yourself is too much work?
- * Feel at the effect of something or someone?



If you are tired of plowing your way through personal growth, try playing your way through transformation!

*Your joy attracts more joy!
How joyous has 2011 been?*



Facilitated by Jody Kaylor

Certified Life Coach, Image Consultant,
Improviser of Solutions

- Former NYC bank Vice President
- 15 years In Paris, Intergovernmental work
- Keynote speaker
- Studied with Alan Arkin among others
- Worked with clients in many countries including the U.S., France, U.K., Japan and Canada

This experiential workshop provides the tools, and an invitation, for:

- * Ceasing the blame and drama games in favor of thriving relationships.
- * Getting unstuck / learning about patterns.
- * Experiencing where improv meets life and the value of play.
- * Opening up to more joy and to creative possibilities you didn't know existed.

See your journey, and any destinations you reach, as made up of contagious fun that ripples out through your world!

For more information and to register:

- Call: 512-809-8929
- EM: jodykaylor@me.com
- Web: www.jodykaylor.com
- www.self-improv-ment.com

When: Oct. 1, 2011 10:00 a.m. - 5:00 p.m.

Where: Central Austin, near 45th and Burnet

Please register to obtain further details

Investment: \$100

Bring: an open mind, a willing heart and comfortable clothes for movement.

**If you're playing,
it's working!**

Jody's Journey:

A quite serious child who knew her own mind and wanted a certain order to things, I would not say that I was fun-challenged but I definitely exuded an air of responsibility and awareness of my environment. I was a genius explorer though, regularly scaling literal heights and venturing off into my surroundings, through the woods, and back - a tendency that now requires jet planes rather than good tennis shoes. This penchant for eager seeking and learning has taken me around the physical world and into many different worlds of exploration always with an eye on human behavior and goals of increased peace and joy.

I did not become a psychiatrist as I thought I would at age 12 but I always sought to be of service whether in a banking career in 1980s New York or in Paris with colleagues from dozens of different countries. I created the freedom to follow my interests to several locations and to land, in 1999, in the world of whole-person transformation, conscious relationships and creative potential that is the Hendricks Institute an International Learning Center that teaches core skills for conscious living and conscious loving. I have woven this path with many other courses of study including improvisation.

Life's experiences and learnings with many mentors have brought me to this culmination point that combines and synergizes purpose, skill and service – the knowledge that this is what I am here to do and how to include others so they may benefit. Since suffering is optional, come find out what your alternatives are.

What others say:

★ The 4-5 hours I have spent on the phone with Jody have had more of an impact on me than any one thing in my entire life. What I put into operation has an impact immediately. - **Alaina Macia, CEO, MTM Inc.**

★ Jody is my go-to person for choosing or making up the right process for me to work through an issue. I feel such comfort in her guidance and trust in her presence and the way she leads.

- **Lynda Alsoriso, Certified Transformation Life Coach**

★ Jody goes through the world with no wake. She is there and ready for the next thing rather than creating a drama that would keep her at the same place. She's clean in the way she moves through the world.

- **Kathlyn T. Hendricks, Director of Training, The Hendricks Institute**

★ I experience Jody as a wise seer who showers those around her with pearls in the most disarming & nonchalant ways, and who has the glorious capacity to see & love right where she is - and where others are.

- **Anna Huff, Director of Operations for a financial planning practice**

★ Jody brings a fresh, unique perspective to most everything I've seen or heard AND she is unattached, which is also not commonly occurring. - **Art Durand, Transformational Photography**