

OMEGA

Rhinebeck, New York

Dear Student,

Faculty has asked us to share with you the letter below.

In addition to the items mentioned in the letter, the faculty also would like to recommend you read these following books in preparation for the course:

- *Man's Search for Meaning* by Viktor E. Frankl
- *Heal Your Body A-Z: The Mental Causes for Physical Illness and the Way to Overcome Them* by Louise L. Hay

We look forward to seeing you this season!

Sincerely,
The Omega Staff

Hello!

We are so happy you will be joining us for this special weekend at Omega when we will share with you the powerful tools, resources and processes to face life's toughest challenges. We have each used these techniques in various areas of our lives including career, health, family, relationships and more. We have applied them in the wake of life's most unimaginable situations and circumstances.

You don't have to wait until August 8th for the workshop to begin. You can start right now:

- 1) Watch Jennifer's TEDx Talk here: <http://tedxtalks.ted.com/search/?search=Jennifer+Wilkov>. As you are watching it, listen for the tools and techniques Jennifer used in the face of being falsely accused of a white collar crime and being sent to Rikers Island prison. Notice which tools, if any, you find yourself resisting or questioning. This will give you some insight as to where you may need to take a closer look at your own responses to life's impossible situations.
- 2) Read Jennifer's book, **Boys Before Business**. It's available online at www.amazon.com and at bookstores everywhere. As you are reading the book, notice which exercises, if any, you find yourself resisting. This will give you some insight as to where you may need to do a little extra work in your relationships.
- 3) Read the book, **Authentic Happiness** by Martin Seligman. Positive psychology is an important tool to familiarize yourself with prior to coming to join us for this life-changing weekend. We all use this technique in our individual approaches and you will hear more about this during the weekend with us.
- 4) We are big believers in living life to its fullest, no matter what. While attending the workshop, please consider dressing in clothes that are the casual style, color, and

Awakening the Best in the Human Spirit

comfort level that make you feel your best. This is one way to begin practicing living the life you want in the face of any challenge.

We look forward to supporting you in your journey to thrive in the face of life's biggest challenges.

See you at Omega!

Warmly with Gratitude and Grace,

Jennifer, Holly and Manny