

## Personal & Family Development Programs

Title	Duration	Description
Mindfulness at Work and in the Home	4 Days over 4 weeks	Mindfulness is a skill that promotes overall well being and happiness that helps us effectively manage the stresses of our busy lives.
<b>The Filipino Family Dinner Project</b>		
1. The First Family Date*	3 Hours	This serves as an orientation workshop to initiating Family Dinner Projects in your home.
2. Family Visioning Seminar*	2 to 3 Days	Members of the family will be brought together in a highly interactive fun-filled setting with a goal of creating a Family Vision and Mission Statement. Corporations develop their vision statement as a roadmap for success. Why not have a vision statement for your family? It can serve to unify all family members to a particular goal.
3. The Family Mediator Training Course	5-10 Days	A highly-specialized service offered to individuals who wish to mediate conflicts between families.
Dispute Resolution in Family Law and Property Relations*	1 Day	A program designed for those who wish to improve relationships within family businesses, spouses or siblings in the midst of inheritance issues and other family property concerns.