



## *The Four Agreements: Deaf-Friendly Interpretation*

- ★ *Be Impeccable With Your Word*
- ★ *Don't Take Anything Personally*
- ★ *Don't Make Any Assumptions*
- ★ *Always Do Your Best*
  
- ★ **Personal Sharing** ★ **Prizes**

*Co-presented by:* Jodi Birley & Lisa Anderson\*

*When:* Saturday March 20, 2010

*Time:* 9:00am. – 4:30pm.

9:00am. Registration: coffee, tea, & muffins provided.

9:30am. – 4:30pm. Workshop: Lunch provided for \$5 per person

*Where:* Child Development Centre (near Nanaimo Hospital)  
1135 Nelson Street, Nanaimo, BC

*Seats Limited to **10 people**. Register to avoid disappointment!*

*Registration deadline:* March 10, 2010

To register:

Donna Potter, Workshop Volunteer, e-mail: [donna.workshops@hotmail.com](mailto:donna.workshops@hotmail.com)

Alex Walker, IDHHC-Nanaimo, TTY 250-753-0977 or e-mail: [alex@idhhc.ca](mailto:alex@idhhc.ca)



vancouver  
coastalHealth

**Jodi Birley's** Life path originated in the capital city of the *Great Prairie* (Regina, Saskatchewan) and was generously raised by her wonderful third generation Deaf family. She was mainstreamed in school and sports until her path paved all the way to Gallaudet University where she graduated with BA degree in Communication Studies in 2002. Jodi's Canadian pride was too great to stay in the U.S. so she returned home where her heart led her to British Columbia and landed in Greater Vancouver. She enjoyed working in different roles serving the Deaf, Deaf-Blind, and Hard of Hearing communities to encourage, collaborate and support for healthy generations to come. While Jodi walked through her Life from day one going up, down, and sideways, she met countless challenges from minor to major. Her strong Taurusian personality and independence pulled her through to this day using different strategies like finding inspiring stories/quotations, self-help books, positive law of attraction, and even counselling for deeper insights of self. The Four Agreements found Jodi along the way, she was attracted to the book instantly and looked at the world differently afterwards. She decided the Deaf community should know about the book and collaborated with Lisa Anderson of Well-Being Program for a community workshop. We hope to see you there!



**Lisa Anderson,** WBP Workshop Coordinator for the past 10 years, is excited to step out of her coordinating shoes and be a co-presenter for a special workshop, and with Jodi Birley! In her everyday everyday life, at home and at work, experiences challenges and situations that test a person's character. As she faces these 'pop ups' she tries to remember the four tenets of this "guide to personal freedom." Lisa strives to: #4 – *"To Try Her Best"* and to reduce emotional and personal sensitivity by remembering #3 – *"Don't Take Anything Personally."* Come and learn "The Four Agreements" for your life!