

Spiritual Frontiers Fellowship
presents
Inspirational Humorist Andy Dooley

How to Change Your Life Forever in 90 Minutes

Thursday, August 7, 2008 at 7 p.m.

In a fun, infectious energetic environment, Andy Dooley will give you three keys to unlock your heart and change your life forever. Get excited and inspired to embrace the Law of Attraction in a deeper way as he shares the principles through his personal stories. Leave with tools to be more effective at creating life on your terms. Andy is a professional speaker, a humorist, and an expert on improvisational comedy who teaches others to use comedy, drama, and storytelling in their presentations and in everyday life.

Admission : \$10; \$8 seniors and students

Unity Church of the Triangle, co-sponsor with SFF
118 S. Person St., Raleigh, NC (near Moore Square; free parking nearby)

Show Me the Funny!

Using Humor to Improve Your Communication Skills

Friday, August 8, 7 – 10 p.m.

No matter what your job title is, communication skills are essential for success in the 21st century. Comedy is a learnable skill that can help you in all you areas of communication—you don't have to have been born funny. This winner of Florida's 2005 Toastmasters International humorous speech contest can teach you the secrets of using comedy in professional speaking and in life.

This workshop is designed for business leaders, life coaches, teachers, sales people, speakers, and people who breathe. Andy will show you a step-by-step process to becoming funnier and finding the lighter side in everyday life. You'll be on your feet doing comedy, acting, and storytelling—laughing out loud and learning at the same time. Topics to be covered may include:

- o Where to find funny stories and how to develop a powerful message
- o Simple techniques for speaking with confidence and clarity
- o Seven humor techniques that will make you funny, even if you don't think you are
- o Simple techniques for thinking quickly on your feet and mastering the art of impromptu speaking forever
- o How to act out your stories and relive the magic moments
- o How to bombproof your humor using techniques that pros use
- o How to create funny, memorable characters.

Fee: \$49 in advance; \$60 at the door

Unity Church of Raleigh, co-sponsor with SFF
9225 Leesville Rd., Raleigh, NC (½ mile south of I-540)

**Preregister
online!**

***You Are Awesome, Fun, and Fantastic! ~
Manifesting Your Desires from the Inside Out!***

Saturday, August 9, 10 a.m. – 5:30 p.m.

This full-day workshop will get you excited and teach you practical exercises for applying the Law of Attraction to your life. Andy will demystify the visualization process and give you six secrets to mastering the art of visualization. This workshop includes “get up on your feet” exercises to move your energy, shift your vibration, and take you from “knowing” to “doing.” Andy's improv comedy exercises will have you laughing out loud and remembering just how awesome you really are! You'll learn:

- o A powerful technique for discovering your purpose in life, and more:
- o How to manifest more with less effort
- o The real secret to manifesting your desires
- o Three techniques for getting into the receiving mode
- o How to avoid the one mistake that can prevent you from having it all
- o How to create your own powerful “I am” statements
- o Improv comedy principles that will show you how to have more!

Fee: \$79 in advance; \$90 at the door

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**Preregister
online!**

***Register online for Friday and Saturday with your credit card via PayPal
at SFF's website, or in person (by check or cash) at Thursday's program.***

Visit us online at www.Spiritual-Frontiers.com.
SFF meets on the first Thursday of every month except July.