



*Security is mostly a superstition.
It does not exist in nature . . .
Avoiding danger is no safer
In the long run than outright exposure.
Life is either a daring adventure or nothing.*
Helen Keller

LifeSkills Incorporated is excited to announce the offering of *Outright Exposure* a twelve week self empowering mentoring group designed for 19-24 year olds who are sick and tired of life as they know it and are ready to develop personal power and essential life skills to make it different.

Facilitation leaders:

Daniel P. Ruch has a love for people, music and outdoor adventure. As an avid snow boarder, mountain climber and kayaker, Daniel expresses a deep appreciation for all of life. Traveling to Europe with elite soccer programs or exploring the mountains of Colorado, he is a student of all his experiences. Playing guitar and hanging out are two of his favorite activities. At 19 Daniel is highly intuitive. As one of the youngest participants, Daniel received his coaching mentoring training with ***The Coaches Training Institute***. In the fall of 2004 Daniel anticipates a return to school to major in sociology.

David A. Ruch holds degrees in theology and psychology and has worked as a psychotherapist in private practice since 1987. His work now as a professional life coach offers clients performance tools to measure their success as they pursue their personal and professional goals. David brings a level of insight, compassion and conviction to his work not found in other mentoring experiences. President and founder of ***LifeSkills Incorporated***, an organization committed to educating and mentoring individuals from a perspective of wholeness, he provides an environment for personal development that celebrates the individual. With hobbies in fitness, reading, writing poetry and sailing, his life work is to support others in their own personal journeys of exploration and liberation.

You will benefit from this group if...

- You want to think for yourself...
- You experience anxiety or depression...
- You have reservations about medication...
- You feel disconnected or lost...
- You want to live life differently than you are...
- You have no excitement for the 9-5...
- You have something to say...

When: Groups are forming on week nights Jan-March. A Saturday group is also possible if sign up numbers require it. The group will meet once a week.

Where: 401 N Arlington Heights Road, Arlington Heights, IL 60004 (1.5 miles east of Route 53 on Euclid to Arlington Heights Road then South two blocks to St. James)

Time: 7:00-9:30 PM

Format: Together with other group participants, individuals will discover the power of honesty, self awareness, tolerance and compassion. In an open group experience individuals will work to gain clarity within them-selves and develop skills to address what ever thoughts, feelings and behaviors inhibit them from living a dynamic life. The sessions will use exercises, instruction and peer interactions to stimulate participants to uncover or re-examine long held limiting ideas, values and beliefs.

Cost: \$525.00 for the twelve week experience or \$175.00 monthly. A 10% discount is possible if fee is paid in full before the first group.

Call LifeSkills to receive an introductory packet. 847-392-0014