

# Changing Blueprints, Changing Reality

with Sharon Ellison, M.S., author of

*Don't Be So Defensive! Taking the War Out of Our Words with  
Powerful, Non-Defensive Communication*

"I had a wonderful weekend participating in the "Blueprints" workshop. The power, the revealing quality, and the healing potential of this work is enormous. It truly leaves me with both awe and deep respect for this perspective you have created. It is just so powerful! I feel blessed and honored to be learning this from you and with this wonderful circle of friends."

- Helen Greenspan, RN, Oakland, CA



**Sharon Ellison, MS** is an award winning speaker, international consultant and a nominee for the "Leadership in a Changing World Award." Sharon lived in Oregon for 50 years and returns often to her home state.



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In this exciting workshop you will learn how each of us, starting in early childhood, create "blueprints" for our life experience. While many internal and external influences deeply affect our lives, Sharon will demonstrate how we "put it all together" to determine our own experience of "reality."

Using stories and presenting cutting edge ideas from her next book, Sharon will take participants on a journey to a new level of understanding. She'll show how we create blueprints for every human experience, such as love, freedom, eating, even rain. Our blueprints are as precise as a recipe for bread.

### ***In this Workshop, you will:***

- Learn exactly how we create blueprints for what we experience at an early age
- Gain understanding of how our blueprints can produce a system of no-win choices that result in life-long, self-defeating patterns
- Use a childhood story to discover a core blueprint that influences your own life
- Develop a unique way of listening so that you can uncover key elements in each person's blueprints for any topic being discussed
- Examine model diagrams of balanced and imbalanced blueprints for experiences such as nurturing, anger, competition, and work
- Enhance your ability to change your blueprints and become more fulfilled

**Location:** Oakland