

You're Invited to...



4 Unique Seminar groups offering expansive, life changing principles and tools.

Back by popular demand!

Thrival Couples

Empowerment Parenting

Authentic Being

Allowing Slenderness

In these four seminars you will have the opportunity to learn from one of the leading edge practitioners and bring more satisfaction, joy and happiness into your life.

For details visit thrivaliving.com or Call (530) 343.9446

Authentic ~ Loving ~ Equal

Join Thrival Living Creator and Marriage/Family Therapist Shannon Sheridan as she offers her unique style, intuitive ability and depth of transformative relationship in her powerful seminar offerings. Shannon's private practice has been closed to new clients and her waiting list is always full. It is Shannon's desire to reach more of those seeking her teaching.

Sessions Ongoing

Due to the popularity of these seminars Shannon is now offering them ongoing throughout the year!

These unique Seminars will each consist of 8-10 sessions of 4-6 hours over a 12 month period. This allows for a great degree of flexibility and co-creation. Each session is important and builds upon the other, so you won't want to miss! In the event a session must be missed, Shannon has possible solutions so every session is received to its fullest. Dates will be arranged once groups fill and be ongoing throughout the year.

Planning Meetings

Shannon provides a unique style when scheduling class dates. Dates will be decided once all seminar group members have a committed interest and attend the planning meeting. All future class dates will be scheduled for the 8-10 sessions over a period of one year, with all members in attendance and agreement. (Yes, this actually works really well!) Planning Meeting will be 3-4 hours and is free of charge. It will provide an opportunity to meet the other like minded individuals in the seminar and ask questions. Please, bring calendars and flexible spirit to the meeting! Planning meeting location to be announced as new groups fill.

Sign Up Today

Class size is limited so reserve your space soon! Please, call: (530) 343.9446 and leave your contact information. No refunds once committed.

Coursework Includes a rich blending of lecture, experiential, group process, and support with current personal life examples and opportunities to work directly with Shannon.

Note: All courses are appropriate for LMFT's and LCSW's. CEU's are available upon request. Trainee hours are also available as is school credit if agreed on by institution. PCE 1675 as required by the California BBSE.

About Shannon

Shannon is a daughter, sister, friend, mother, wife, lover, counselor, teacher, author, joy seeker, creator, belly laugher, up lifter, truth teller, seminar creator, seeker, dancer, kayaker, hiker, shaker and mover, among many of the other "roles" of her life. In her professional life, she is a counselor (LMFT) with a thriving private practice working with couples, individuals and families. Over 20 years, she has conducted numerous workshops, team enhancement and organizational support. She is leading edge among the most influential teachers of this time. She has been on a path of discovery her whole life and calls herself "a full emersion learner." Shannon's capacity to translate her own experience through loving acceptance, helpful tools, personal congruency and laughter, is helpful to others on their path of personal discovery. Her approach is authentic, honest, loving and equal. She believes in the human spirit and recognizes in each individual their ability to cultivate more joy. She clearly practices and lives what it is she teaches. Shannon has written: "The Couples Thrival Guide" and is currently writing: "Authentic Being" and, "Allowing Slenderness", A Vibrational Guide to Weight Loss and Loving Oneself NOW; among the other books that are percolating.



For more info visit www.thrivaliving.com or call (530) 343.9446

Thrival Couples

The Thrival Couples seminar series will combine tools and techniques to support couples in learning more about themselves and each other in a collaborative and loving environment. There will be opportunities for experiential process thereby providing immediate practice of new ways of thinking and behaving.

It is blended with laughter, openness and the normalization of couple's experiences with that of other couples.

What to expect:

Increased awareness of oneself and your partner.
Excellent tools for your tool box to assist in communication and personal responsibility.
Development and practice of techniques which support you and your relationship.
The experience of a collaborative and supportive environment where couples feel a sense of relief, as they share and recognize how "normal" they are.
Belly Laughs! Appreciation! Authenticity!

Exploration of Concepts:

- No one makes you feel
- What you focus on grows
- Everything that shows up in our relationship is always a "match" to oneself.
- Appreciation is one of the most amazing tools.
- Struggle is optional, not mandatory
- Behavior, situations, and, or conditions do not have the power to define your worth, wellbeing, value or joy.
- Self love is the most powerful gift you give yourself and your partner.
- What we think we create.
- What others think of me is none of my business and what they do think of me says everything about them and nothing about me.
- Anger less "charged." How to use Anger as a tool and not create polarity.
- Power of Intention
- Transformation of beliefs, rules and values.
- Selfish gets a "bad rap."
- The "one right way" and polarization

Much of the work is based on Shannon's book "The Couples Thrival Guide" which will be included in the seminar cost.

"Shannon embodies her work and is truly at home with herself personally, professionally and spiritually. A person can feel this sense of "at home" when in her presence and it is contagious. She is addicted to the healing arts, which can be seen in her open, soulful, down-to-earth, energetic, healing presence. Her intuitive nature, combined with her straight-up and real statements, make her a guide that assists a person finding themselves." ~ SS

Cost: \$100 per person, per 4 hour session with 8-10 sessions.
Tasty morsels and drinks will be provided for individual's nourishment during the 4 hour class period.

Empowerment Parenting

The Empowerment Parenting seminar is based on the concept that children deserve to be treated with respect, as equals and deserving consideration throughout the process of growing. This does not mean over indulged and lacking boundaries or controlled and overprotected. It DOES invite and support parenting as a joyful and expansive opportunity, which for most parents is much easier said than done! We have strong influences from our society, culture, beliefs, rules, family history... that have impacted our parenting and our children in ways that do not always "serve us." This seminar series will explore concepts that will not only change your relationship with your child(ren) but also offer healing for oneself.

It is a powerful seminar for parents, teachers, administrators, daycare providers, counselors and all other's who work with or interact with children and teens in any capacity. Participants will have opportunities to provide specific life examples for feedback and new practices with Shannon's expertise.

Exploration of Concepts:

- Children are powerful teachers and naturally whole, connected and seeking joy.
- Children love to feel good and do it with more ease than adults.
- Children remind us that life is suppose to feel good and to lighten up.
- Traditional parenting uses: control, limitation, inequality and powerlessness as "tools" to influence their children.
- Behavior does not define the child. It is simply an indicator that can be useful.
- What we perceive we receive.
- Experiencing our children as bright, capable and amazing versus vulnerable, incapable and needing an adult.
- Appreciation as a parenting tool.
- Congruent parenting communication versus misuse of power.
- Children learn not from what we say but from what we are.
- My child is not here to "make me feel good."
- Separation, boundary's and autonomy... what does all this really mean?
- What you focus on grows. Focus on the positive!
- Your schedule is not your child's schedule. Negotiating what is too much?
- Behavioral techniques/tools to assist you.
- Supporting independence and strong self worth.

"Shannon feels like a beautiful jazz piece in the way she utilizes her incredibly deep understanding of human behavior coupled with her unwavering premise we are all complete, perfect and whole human beings." PJ

Cost: \$100.00 each, per 4 hour session with 8-10 sessions.
Tasty morsels and drinks will be provided for individual's nourishment during the 4 hour class period.
Individuals or couples welcome.

Authentic Being

Authentic Being is in its third year running and was originally designed for practitioners. Due to popular demand, Shannon has expanded the series and is now offering it to all humans who are invested in their ability to live fully and authentically. Classes include lecture, experiential, and group dialogue blended with individuals personal life experiences. This class teaches foundationally different concepts regarding our humanness and human experience. It is positive, uplifting and liberating.

Authentic Being Supports:

- Every individual is a treasure: worthy, lovable and of value.
- This is a growth/expansion model rooted in the positive and optimistic!
- Tools to "feel good" even when situation may be negative.
- Each of us grows to the "light."
- Contrast is mandatory for our expansion and evolution.
- Suffering is not mandatory or necessary.
- Look at your past, don't stare at it.
- Life is a beautiful buffet. Eat only what taste good and feels good. Leave the rest.
- Our "sameness" connects us.
- Our differences are what expand and grow us.
- Difference is the spice life versus "the one right way."
- Each individual has a multitude of "resources" and when focused on they grow.
- Feelings provide inner guidance.
- Feelings are manageable and with practice we can feel in charge of them.
- We can choose happiness and joy with practice.
- Every individual has the capacity to connect to who they truly are... amazing, worthy and valuable beings, no matter the current condition.
- The conditions or situation does not have the power to define our self worth, value or well being.
- Beliefs are simply thoughts we keep thinking and can be changed with practice.
- There is no lack. There is enough to go around!

"Shannon's Authentic Living series has changed my life in such a powerful and positive way. I feel she is able to take some very lofty spiritual goals that I've read about in numerous books over the years, and make them absolutely attainable and easy to grasp in my day to day life. She teaches from her own connection to Source. She flows. She channels information in the moment and is able to make it all cohesive and relevant to the topic. I feel inspired and connected after one of our days together. This information she is sharing is cutting edge and at the same time feels like ancient wisdom." ~ MD

Cost: \$130.00 per class session which will include a scrumptious meal. There will be 6-8 sessions, 6 hours each.

Allowing Slenderness

The Allowing Slenderness seminar will be life transforming for those women participating in its life giving concepts. Shannon has been living, breathing and practicing the "Allowing Slenderness" concepts for years and due to popular demand is now ready to bring it to a larger audience! This seminar is good for women of all ages who desire a strong and loving relationship with their body no matter the size, shape, scale or attitude. Much of the seminar concepts are non-traditional and won't be found in any of the current teachings regarding food, nutrition, weight and body image.

Exploration of Concepts:

- "Health at Any Size"
- Food does not make you fat. What you think does. Making peace with where you are and learning to love yourself right now is mandatory.
- Body image and/or overweightedness is strongly influenced early on through family, culture and society and can be transformed.
- Weight is not about over eating, lack of exercise, willpower or discipline.
- Diets do not work and are short term remedies often resulting in more weight gain over time. Food deprivation is not necessary in order to lose weight however making friends with food is necessary.
- Scales in no way define what we look like or what our ideal weight needs to be.
- Losing weight does not have to be about effort and constriction, it can be easy and enjoyable.
- Emotions are a powerful indicator of our alignment with oneself. Life is suppose to feel good and the purpose is JOY!!

This seminar group will be creating new and magnificent leading edge concepts related to our bodies. A combination of lecture, experiential, group process, and individual work will be provided.

Come join in the movement of Women claiming, honoring and loving themselves UP!

"I have learned so much from Shannon related to my body and it began by watching and listening to her own self acceptance and words like: bodacious, curvacious and yummilicious body. I watched her love her belly and embrace her body which by all societal views was unacceptable. She adorned herself and wore clothing that emphasized her body and her love and acceptance of it. She modeled for me ways to accept my current bodily state and I am learning to love me no matter what. I am on my way to a fuller, satisfying and deeply enriching life where my body or my thoughts about it no longer define my sense of wellbeing or worth and the weight is dropping off effortlessly!

I love you Shannon!" ~ EW

Cost: \$100 per person, per 4 hour session with 8-10 sessions. Tasty morsels and drinks will be provided for individual's nourishment and delight during the 4 hour class period.



Contentment ~ Joy ~ Happiness



I ask you to consider the infinite potential of living a life where the experience of joy, love, appreciation, fun and contentment is the usual, and where managing those "off days" come with more ease. Blend the day to day responsibilities with the desires of your heart and the opportunity to allow yourself to believe it can be so. A life where you practice intentionality about your thinking and the recognition of the power of your feelings to guide you to the joy that is yours. Thrival Living is about joining with oneself in a place of love and acceptance. *Join us! ~ Shannon*

Live more of the unlived parts of your life!