

The Challenge of Choice

An Engaging Workshop on Making Insightful and Critical Decisions



Have you ever made an important decision, with total confidence, only to see it turn into a complete disaster? How can our certainty be so misleading? Your ability to make sound decisions in important matters is arguably the most valuable skill you can acquire, especially in today's world of quick fixes and superficial solutions. In fact, without effective decision-making skills you will inevitably experience crushing disappointment.

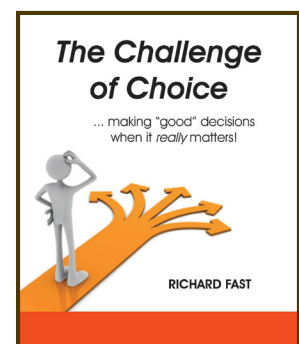
This is an engaging, interactive workshop that will take you on a fascinating journey into the inner workings of the human mind. You will discover - through first-hand experience - how decisions are really made, and why we can be most vulnerable to decisional error precisely when our confidence is at its highest. This workshop will help participants learn to:

- Share a common vocabulary and the common experience to making a good decision
- Apply the Seven Steps to making a good decision with total confidence
- Reflect on past decision errors and how they could have been avoided
- Become a more cohesive management team that will challenge each other to make better decisions

The choices you make will determine the quality of your life, and rising to the challenge of choice means making "good" decisions when it really matters!

The Challenge of Choice ... making "good" decisions when it really matters! is a detailed workbook filled with exercises, quizzes, stories, illustrations and a step-by-step decision-making process that will lead to a good decision ... every time.

Tuesday June 12, 2018 • 6:00 to 9:00pm • ECCDC Conference Room, 3340 Schmon Parkway, Thorold • \$65 includes workshop and Richard Fast's book, *The Challenge of Choice* • **To register**, call 905.646.7311 ext. 304, email eccdc@eccdc.org or visit www.eccdc.org



About Richard Fast

Richard Fast is an author and creator of a number of books and programs, but first and foremost he would describe himself as an ardent researcher. He's also an American Council of Exercise personal trainer, Health and Wellness Coach and entrepreneur. As an entrepreneur Richard created MindTrap games and more than 30 other products that have sold millions of copies worldwide.

One of his life's passions has been devoted to understanding the riddle of human behavior and how we can learn to influence it, because when we can deliberately influence our behaviors, we can control the forces that shape our lives.