



## Presentations:

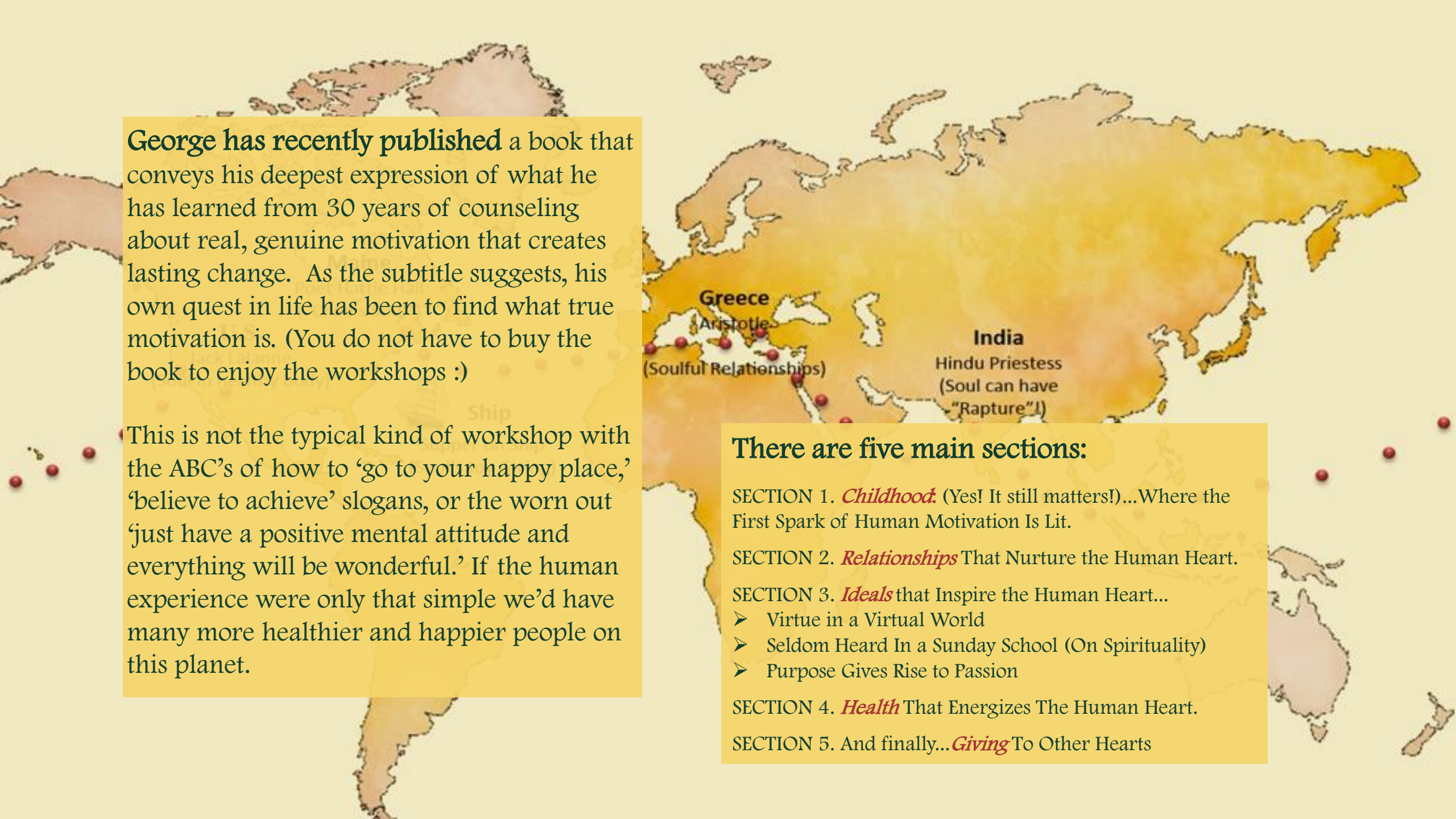
- WEEKEND RETREATS covering all five sections of George's recent book, *Getting The Most and Giving The Most*.
- ONE DAY WORKSHOPS that cover the first half of *Getting The Most and Giving The Most ...and*
- ONE HOUR PRESENTATIONS about 'real motivation' --not the new year resolutions kind.

Presented By Author  
George Dubie  
Psychologist and CEO



# Getting The Most and Giving The Most

Why Self-Help Books Don't Work



George has recently published a book that conveys his deepest expression of what he has learned from 30 years of counseling about real, genuine motivation that creates lasting change. As the subtitle suggests, his own quest in life has been to find what true motivation is. (You do not have to buy the book to enjoy the workshops :)

This is not the typical kind of workshop with the ABC's of how to 'go to your happy place,' 'believe to achieve' slogans, or the worn out 'just have a positive mental attitude and everything will be wonderful.' If the human experience were only that simple we'd have many more healthier and happier people on this planet.

Greece  
Aristotle  
(Soulful Relationships)

India  
Hindu Priestess  
(Soul can have  
"Rapture")

## There are five main sections:

- SECTION 1. *Childhood*. (Yes! It still matters!)...Where the First Spark of Human Motivation Is Lit.
- SECTION 2. *Relationships* That Nurture the Human Heart.
- SECTION 3. *Ideals* that Inspire the Human Heart...
- Virtue in a Virtual World
  - Seldom Heard In a Sunday School (On Spirituality)
  - Purpose Gives Rise to Passion
- SECTION 4. *Health* That Energizes The Human Heart.
- SECTION 5. And finally...*Giving* To Other Hearts



### So...What the Workshops are Not:

The workshops will likely be different from most of the workshops you have attended. It has nothing to do with diagnoses of mental health issues, cognitive behavioral therapy, measurable outcomes, goal-setting, or other plans that are used in the human service field today. And though the heart of the book is about Motivation, this is not the 'psyche yourself up' kind of presentation, nor will you hear the 'seven simple steps to success' or 'weight loss without work' cliché's that last as long as a New Year's resolution.

### What the Workshops are:

As the title of the book says, they are about 'Getting The Most' out of your personal life first; and then finding the joy there is in 'Giving The Most' back to those who need you. This will be a time to focus on what is often called the Inner Life, some call it 'depth psychology', and some even call it the small 's': soul. It is the part of ourselves that so easily gets lost in this society that is living, as Bill Gates puts it: 'At the 'speed of light'. It will be more like a Weekend Retreat than a lecture on points A and B.

- It will be **Interactive**...encouraging audience comments and questions.
- There will be **Stories** from George's clients as well as other well-known people.
- We'll follow a rough **Outline** (that allows for detours!) with pictures to explain the ideas.
- We will watch some parts of **Movies** that George calls 'classic clips'
- And he will sprinkle in a number of **Poems** that illustrate the importance of the Inner Life.

## The Presentations are designed for:

Any Human Being! :)...anyone who is at a point in their life where they want to know what 'What True Motivation is,' –Counselors, Therapists, Parents, Social Workers, Foster Parents, anyone in this or a related field. It is for those who want to become better people, better lovers, and better co-workers.

This workshop, at its core, is to help you know Who you really are inside, and What you want to do with your life so you will know and feel that you are on the right path, one that is fulfilling for You!

Since the beginning of time, this deep inner part of ourselves, our soul...has been looked upon as the ultimate source of motivation to 'Get The Most' out of life.

**George Dubie** has over twenty years experience as co-founder and director of Greater Minnesota Family Services. Prior to his work as CEO with GMFS, George provided services as a therapist, clinical supervisor, and program manager in a number of human service agencies, and served as pastor for several years in a parish in rural Minnesota.



George is married, has four children, and is a wellness nut, writer, and poet. His recently finished book, *GETTING THE MOST AND GIVING THE MOST, Why Self-Help Books Don't Work*, is a self help book about why self help books do not necessarily work.

George is an inspirational speaker and guide with over 35 years experience of professional speaking. He is currently presenting workshops on material from his book and is excited about teaching on a variety of topics including Care for the Caregiver, Wellness, Leadership, Self-Managing Teams, Mental Health Issues, and Psychological Health.



*To schedule please call: (320)214-9692, ext. 115 or email: [gdubie@greaterminnesota.org](mailto:gdubie@greaterminnesota.org).*