

Will you be better this year?

Here's how to make 2014 better than 2013.

Go to the mirror right now and say: “Things will change when *I* change. Not when the people and things around me change. But when *I* change.”

There. You said it. Now all you have to do is do it.

That is a lot harder. But if all those years of things not changing have taught us anything when it comes to being healthy, wealthy, happy and wise, it's that the only barrier to growth is — ourselves.

For over a decade, Karim H. Ismail has developed a program that gives you the Framework, Attitude, Skills and Tools to keep your promises to yourself, make the changes in work and life you really want, and create the health and fitness you'll need to face the next decades with confidence. As he says: “There's tremendous, limitless opportunity to expand and deepen our lives. The only barrier to growth is us.”





Over three full days at the end of April 2014, a group of Torontonians like yourself will gather for an intensive, relaxing and highly fulfilling time at the 5-star Memories Grand Bahama Resort in Freeport, Bahamas. After this initial program, you can join the one-year Success Blueprint Program whose structure and accountability will give you new clarity and confidence to achieve your goals easily and effectively. The program overview is here: <http://blueprint-programs.com/overview>.

Our three-day program in the sun fosters mental, physical, spiritual and emotional breakthroughs, at work as well as in your personal and family life. Plus enjoy a relaxing, reflecting, all inclusive 4 days at no extra cost.

It will bring you much closer to answering three of your life's most important questions: "Who am I?" "What do I really want out of life?" and "What is my path to get there?"

What the program guarantees:

1. You'll learn in a practical, hands-on way, how to get to your ideal health, wellness, fitness and energy.
2. You'll have clarity in answering big, long-term questions like "Where will I be in 3, 5, 10 or 20 years?"
3. You'll learn a proven method to set, measure and achieve your goals for your health, work and future.
4. You'll learn an easy way to conquer and eliminate your fears.
5. You'll create your unique Success Blueprint that gives you real control over your health, work and future.
6. You'll master how to plan your days, weeks and months, while leaving time to manage the unexpected.
7. You'll become adept at sustaining the changes you begin to make – where most people have huge difficulty and often fall back on old patterns.



Fees and Registration

The program is 3 full days and the cost is \$3,995 which includes . . . *everything*

- All program instruction and materials
- Economy Flights with Upgrade to Elite Plus Service(*)
- Ground transfers from Airport to Hotel
- Accommodations including access to private beach
- All meals, drinks and snacks
- One yoga class per day during the program
- All taxes and service charges (gratuities at your discretion)

*Subject to availability at time of booking

(Organized in co-operation with Hospitality Tours).

PLUS, the cost includes 4 extra days, all inclusive, entirely free at the Memories Grand Bahama -- <http://www.memoriesresorts.com/memories-grand-bahama/default.asp>

The program is limited to 32 participants.
(with a minimum of 14 participants required to go forward)

Dates

Saturday, April 26 to Saturday, May 3, 2014

Program Days: Sunday to Tuesday, April 27, 28 and 29, 2014

Leisure Days: Wednesday to Saturday, April 30 to May 3, 2014

Registration

Please [click here](#).



Program Leader

Karim H. Ismail

Karim graduated from Trinity College and earned his MBA from the Rotman School of Management, both at the University of Toronto. After serving for six years as Vice President of Facilities Development at Sunnybrook Health Sciences Centre, he started Eighty20 Group to provide communications strategies to independent schools across North America.

In 2008, he founded the management consultancy Avidium Inc., and wrote *Keep Any Promise: a blueprint for designing your future*. Soon after, he created Blueprint Programs to help people develop self-leadership so they can live balanced, happy lives at their full potential.

For more on Karim, see: <http://ca.linkedin.com/in/karimismail> &

http://www.thestar.com/life/2011/01/04/goals_are_useless_without_a_plan.html#!

Wellness Facilitators

Dr. Jean Marmoreo

Jean is a prominent Toronto doctor, author, columnist, speaker and marathon runner. Her columns in the *National Post* and the *Globe and Mail* grew into her book, *The New Middle Ages: Voices of Mid-Life Women*, and today her column, *This is What 70 Looks Like*, appears on zoomer.com.

For more on Jean, see: <http://drjean.info/about-dr-jean/> & <http://www.everythingzoomer.com/author/jean-marmoreo/>

Bob Ramsay

Bob is a writer, communications consultant and host of RamsayTalks, which brings some of the world's leading thinkers and authors to Toronto. He and his wife, Jean, are 'end of the earth' adventurers and avid consumers of . . . life.

For more on Bob, see: www.ramsayinc.com & <http://www2.macleans.ca/2012/09/24/a-ticking-time-bomb/>

Participant feedback

“I am a veteran of self-development programs. I would rate this program in the top 5% of all the self-development programs ever created. I have achieved a level of peace and satisfaction that I never could have imagined, including moving to a new job and much improved health.” *M.S.*

“I was able to achieve key goals I set for myself: travelling around the world; heightened focus on health and wellness; improved finances; fresh perspective on my business. Over the year, I learned to start taking chances and calculated risks; understood the need for prioritizing and better scheduling my life for more balance; decided to let go of perfection but rather, strive for excellence; and put myself “out there” without fear of rejection.” *T.K.*

“When I started the Program, my life was chaotic. I lacked focus, priorities and planning. I emerged with clarity. It’s an honour to be called by major newspapers as an expert so soon after I kick-started my wellness practice. I have been able to help hundreds of people achieve much improved wellness. This program is the best investment I have ever made in myself.” *D.D.*

“I look only to myself for validation. I have a spring in my step; am transitioning to a new, more fulfilling career in keeping with my life purpose and 20 year goals; am making travel plans again. And I have regained the confidence to start dating again.” *F.J.*

“Over my 20 year career as a lawyer, the slow gain of a pound or two a year finally caught up with me. As I approached my mid 40’s, I wanted better health and more energy. With the program’s coaching and nutritional guidance, I handily exceeded my goals. My weight loss totalled 80 lbs, my cardiovascular risk was reduced and my fitness level is now above average for my age group.” *P.F.*

