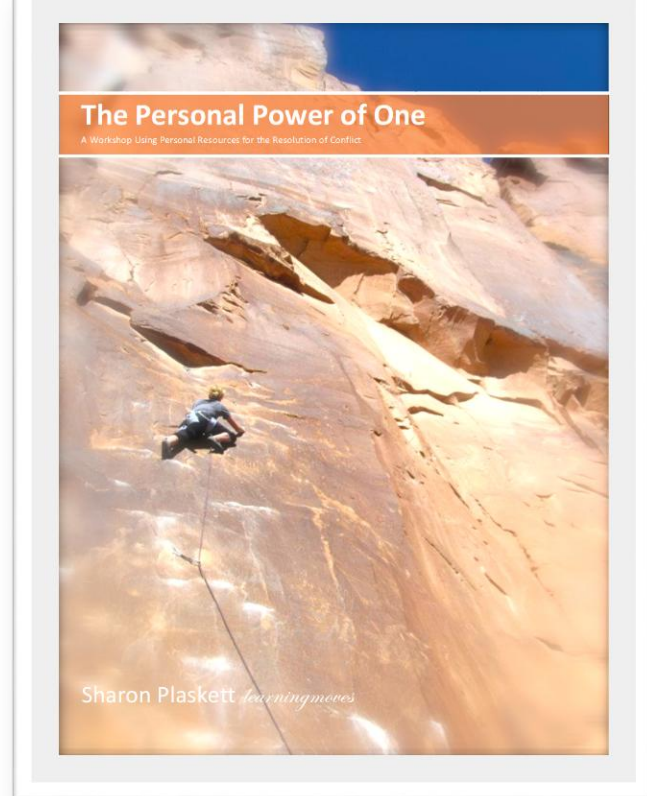


The Peaceful Power of One

Created by Sharon Plaskett

Presented by Sher Smith RN, RCPP, IF
September 25-27, 2026 (Online)



*Changing The
Dynamics Of Conflict Into Personal Freedom And Growth*

The personal freedom gained by realizing ones own ability to resolve conflict is a gift... to oneself... and the butterfly effect it creates, first within, then without... allows ones own self accountability to be reflected back with elevated clarity.

In this class, tools are shared for each individual, as well as the group, to recognize self-empowerment in resolving conflict.

You are invited to this adventure of self-discovery, with curiosity, applying your resolutions for growth. **What would you create?**

This course, is approved by Brain Gym® for initial Licensure and Re-Licensure of Brain Gym® 101 course Instructors. Brain Gym® is under the umbrella of Breakthroughs International.

YOUR FACILITATOR



Sher Smith, RN, RPE, is a Registered Nurse, Board Certified Polarity Practitioner, Registered Polarity Therapy Educator and Brain Gym Instructor who has been involved in the Holistic health field since 1979.

Her professional training is varied and comprehensive, including studies in Cranial Sacral Therapy with Franklyn Sills and the Upledger Institute; along with certification in Neuro-Linguistic Programming, Brain Gum and Touch for Health.

Sher was the founding President of the Ontario Polarity Therapy Association, is a member of the American Polarity Therapy Association (having served as Past-Vice-President of the Board of Directors), and is the Director of the Realizing Your Potential Center of Holistic and Energetic Studies. She is a Canadian International Faculty member for Brain Gym® with the Breakthroughs International Foundation in Santa Barbara, California.

Sher is available for private consultations and sessions in person or by zoom and to teach online and globally.

Email: info@realizingyourpotential.ca

Web: www.realizingyourpotential.ca

Blog: <https://energyfunlight.wordpress.com/>

Facebook: <https://www.facebook.com/realizingyourpotentialRichmondHill>

Note: - The Registration form is below.

Comments From Previous Attendees:

- This course has been beautifully designed & distilled for an exquisite process to unwind conflict
- The course is so useable and allows for solutions that are very simply created and yet very effective as well as effective
- In the past have you ever shied away from conflict or felt powerless & at a loss when caught in conflict? Then this is the course for you
- This process looks so simple, however, it is so easy to use & produces great outcomes, time after time & I strongly recommend it
- This work has been beautifully crafted & shows you how to harness the awesome power of conflict in new ways that open the opportunity for progress and resolution
- The course is informative, enlightening, and contains many simple yet effective & empowering techniques
- You will leave this course with skills to harness the wondrous power of conflict that can open the door for progress & resolution
- This course allows you to explore within safe parameters, those conflicts within yourself, in relationships as well as teams, clubs, organizations & your workplace
- It is a chance to develop your latent skills that give you power to address these issues with finesse
- You can learn to let go of the fear, anger & frustration that often arose in the past
- You learn to deal with these potential issues with a quiet strength, resilience and wonder
- This course serves every practitioner, consultant, instructor & CEO

Registration Form

The Peaceful Power of One

September 25-27, 2026 (online)

Name: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Phone #: (_____) _____

Email: _____

Signature: _____

Date: _____

*Your tuition fee is only refundable if the training is cancelled.
A confirmation letter will be sent upon receipt of your full payment or deposit.*

PREREQUISITE: None

PLACE: Online, from Wasaga Beach, ON, Canada

TIME: 9:30 a.m. - 5:00 p.m. EST (in English)

Prerequisite; Brain Gym 101

TUITION: \$495 or \$395 CDN with \$100 deposit one month prior start of course

Phone: 905-751-1076

Email: info@realizingyourpotential.ca

Website: www.realizingyourpotential.ca