

# WINGS SEMINAR SCHEDULE 2020

| CORE SEMINAR SERIES   |          |              |
|-----------------------|----------|--------------|
| WELLBEING - Series #1 |          |              |
| FEB                   | 6-9      | Portland, OR |
| MAR                   | 12-15    | Medford, OR  |
| MAY                   | 14-17    | Portland, OR |
| JUN                   | 4-7      | Medford, OR  |
| JUL                   | 9-12     | Medford, OR  |
| AUG                   | 6-9      | Medford, OR  |
| SEP                   | 10-13    | Medford, OR  |
| OCT                   | 1-4      | Medford, OR  |
| NOV                   | 5-8      | Portland, OR |
| DEC                   | 3-6      | Medford, OR  |
| CROSSOVER - Series #2 |          |              |
| JAN                   | 29-FEB 2 | Portland, OR |
| APR                   | 22-26    | Medford, OR  |
| JUL                   | 8-12     | Portland, OR |
| AUG                   | 19-23    | Medford, OR  |
| DEC                   | 9-13     | Medford, OR  |
| LIFEWORKS - Series #3 |          |              |
| 2020 - Session Dates  |          |              |
| MAR                   | 5-8      | Medford, OR  |
| APR                   | 17-19    | Medford, OR  |
| MAY                   | 15-17    | Medford, OR  |
| 2021- Session Dates   |          |              |
| JAN                   | 28-31    | Medford, OR  |
| MAR                   | 5-7      | Medford, OR  |
| APR                   | 9-11     | Medford, OR  |

| TEEN SEMINARS |      |     |
|---------------|------|-----|
| TRUE COLORS   |      |     |
| JUN           | 2020 | TBA |
| ADVANCED TRUE |      |     |
| JUL           | 2020 | TBA |

| FREE WINGS EVENTS    |    |              |
|----------------------|----|--------------|
| ASSIST TEAM TRAINING |    |              |
| JAN                  | 30 | Portland, OR |
| JUL                  | 7  | Portland, OR |
| SEP                  | 30 | Medford, OR  |

| SPECIAL EVENING |    |              |
|-----------------|----|--------------|
| JUL             | 7  | Portland, OR |
| JUL             | 22 | Medford, OR  |
|                 |    |              |

| WELLBEING INTRODUCTION NIGHT |    |              |
|------------------------------|----|--------------|
| JAN                          | 6  | Medford, OR  |
| MAR                          | 13 | Medford, OR  |
| MAY                          | 5  | Medford, OR  |
| MAY                          | 13 | Portland, OR |
| JUL                          | 8  | Medford, OR  |
| AUG                          | 10 | Medford, OR  |
| SEP                          | 9  | Portland, OR |
| SEP                          | 30 | Medford, OR  |
| DEC                          | 2  | Medford, OR  |

| PERSONAL & PROFESSIONAL SEMINARS |             |             |
|----------------------------------|-------------|-------------|
| AUTHENTIC LEADER                 |             |             |
| 2 part seminar:                  |             |             |
| OCT                              | 6-9         | Medford, OR |
| NOV                              | 10-13       | Medford, OR |
| EQUITY AND AGILITY               |             |             |
| MAR                              | Postponed   | Medford, OR |
| SEP                              | 25-27       | Medford, OR |
| GRACE & GRATITUDE                |             |             |
| NOV                              | 14-15       | Medford, OR |
| INSIGHT 1                        |             |             |
| MAR                              | 3-6         | Medford, OR |
| JUN                              | 11-14       | Medford, OR |
| INSIGHT 2                        |             |             |
| NOV                              | 10-13       | Medford, OR |
| INSIGHT MASTER                   |             |             |
| 3 part seminar:                  |             |             |
| FEB                              | 19-22       | Medford, OR |
| APR                              | Postponed   | Medford, OR |
| APR                              | 30-May-03   | Medford, OR |
| INTEGRATE                        |             |             |
| OCT                              | 21-25       | Eugene, OR  |
| LISTENING HEART                  |             |             |
| FEB                              | 13-16       | Medford, OR |
| NAMASTE RETREAT                  |             |             |
| JUL                              | 23-26       | Medford, OR |
| STRUCTURE OF PRESENCE            |             |             |
| MAY                              | 19-23, 2021 | Medford, OR |
| WOMEN WITH WINGS                 |             |             |
| JAN                              | 17-19       | Medford, OR |
| WORKLIFE SUCCESS                 |             |             |
| JAN                              | 7-8         | Medford, OR |
| MAY                              | 6-7         | Medford, OR |
| AUG                              | 11-12       | Medford, OR |
| NOV                              | 17-18       | Medford, OR |

931 Chevy Way, Medford, OR 97504  
[www.wings-seminars.com](http://www.wings-seminars.com)  
 541-683-8540  
[info@wings-seminars.com](mailto:info@wings-seminars.com)  
 For information about payment plans or assistance with financial barriers please contact Wings.



WHERE THE DESIRE FOR LIFE MEETS THE SKILLS TO LIVE IT!

## THE WINGS - LA CLINICA CONNECTION

Since 1986, Wings Seminars has helped more than 35,000 people learn skills to live meaningful, satisfying, and effective lives through a series of leadership and personal development seminars.

Wings became part of La Clinica in early 2016. La Clinica continues to offer seminars publicly with the goal of bringing this material to patients as part of La Clinica's wellness-focused care.

| Seminar Tuition             |         |
|-----------------------------|---------|
| WellBeing                   | \$595   |
| Crossover                   | \$895   |
| LifeWorks                   | \$1,395 |
| Authentic Leader            | \$3,395 |
| Equity and Agility          | \$295   |
| Grace and Gratitude         | \$295   |
| InSight 1 or InSight 2      | \$850   |
| Insight Master Practitioner | \$2,995 |
| Integrate                   | \$995   |
| Listening Heart             | \$1,700 |
| Namaste                     | \$895   |
| Structure of Presence       | \$1,500 |
| Women with Wings            | \$695   |
| WorkLife Success            | \$295   |
| True Colors                 | \$1,495 |
| Advanced True Colors        | \$1,595 |

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**[www.wings-seminars.com](http://www.wings-seminars.com)**

**541-683-8540**

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