



*Dr. Tom Pinkson*

*Practical Application of Ancient  
Wisdom and Breakthrough  
Scientific Research*

# The Hardiness Factor™

*Training for Emotional Resilience in Times of Crisis,  
Change, and Challenge*

Saturday  
March 28<sup>th</sup>, 2009

9:00 am – 4:30 pm

CorStone  
33 Buchanan Drive  
Sausalito, CA

**Tom Pinkson, PhD**

Psychologist, business consultant, keynote speaker, initiated shaman, retreat leader and author of four books on the interface of indigenous spirituality and the challenges facing our world today, Dr. Tom Pinkson is a bridge builder uniting hearts, minds and cultures. He is a husband, father and grandfather and loves to sing, play guitar, and shine light into dark places.

**RESERVE YOUR SPACE  
TODAY**

\$75 includes workshop and light refreshments.

Contact: Melissa Peterson  
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[melissa@corstone.org](mailto:melissa@corstone.org)

*During this Time of Great Turning,  
You can Turn Hardship into Hardiness*

*For over forty years Dr. Tom Pinkson has studied the world's great wisdom traditions and identified tools and teachings you can use in daily life to survive and thrive.*

- *Discover the 3C's of the Hardiness Personality and how to cultivate them in your life.*
- *Stay healthy in times of stress.*
- *Learn Resiliency Practices that produce positive results.*
- *Live the "Hero's Journey."*
- *Tap your intuitive wellness-wisdom.*
- *Educational, inspirational, experiential and fun.*



*The wawa seed is an ancient African symbol for one who is strong and perseveres through hardship.*

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