

Solutions for positive living offered at MacIntosh Country Inn gathering

W.Gibb, Leader staff

MORRISBURG – “We often run our personal lives without plans, structure, organization or goals, all of which quickly lead to frustration, chaos and guilt,” said Melanie Hayden-Sparks, founder and president of the company H-Trio.

She was addressing a gathering at the MacIntosh Country Inn and Conference Centre on Monday morning, February 8. “You are the president of your own life. With organization, management and time structuring it is possible to change your life, your family and your community.”

Hayden-Sparks was invited to South Dundas by local organizers Kim Hutt, Penny Lee Prevost and Linda Cunningham. She brought a message about finding ways to create balanced solutions to the issues of modern living.

“Melanie offers hope and a sense of positive change,” Hutt explained. “She has the ‘tools’ that once you are acquainted with her concepts, you can move forward and implement into your life.”

A cross-section of area women, some in business, some homemakers, some retired, attended the Morrisburg seminar. Hayden-Sparks talked about her own life, drew on her own experiences in the corporate world, and outlined the ways people can restructure their lives through the H-Trio program.

She is particularly distressed by the what she describes as the mood of negativity which seems to permeate through much of North American society.

“People are distrustful, fearful and overwhelmed,” she said. “This carries over into family life. When parents are not feeling

self confident, it is hard for them to instill self-confidence in their kids.”

Besides her H-Trio program for change, Hayden-Sparks has also created *Wee3Synergy*, a program that grew out of her presentations to educators and teachers. It addresses issues of respect, personal boundaries and positive reinforcement in dealing with children and teens.

Following her morning presentation in Morrisburg, Hayden-Sparks, who met with MPP Jim Brownell earlier in the week, was scheduled to meet with principals Guy Lamarche and Terry Gardiner and learning resource teachers at Seaway District High School in Iroquois, to discuss some of her goals and concepts in the *Wee3Synergy* program.

“Frankly,” Melanie Hayden-Sparks concluded during her MacIntosh Inn presentation, “we need to reach out to each other. We can’t continue to run our personal lives on ‘remote control.’”



“You are the president of your life”

Gibb photo

The message delivered by H-Trio’s founder and president, Melanie Hayden-Sparks, on Monday, February 8, was one of positive thinking and living. She addressed a gathering of South Dundas men and women at the MacIntosh Country Inn and Conference Centre. Above, Hayden-Sparks, right, is greeted by local organizer, businesswoman Kim Hutt.

2 Hour - HST SEMINAR

Monday, March 1, 2010 at 6:00 P.M.