

# LEADERSHIP & MANAGEMENT

QNET presents:

## Work Life Alignment

### Getting the Most out of Work and Life

Tuesday, November 23, 2010 - 8:15 a.m. to 12:00 noon

- Do you want to make a greater difference in your organization, your family or your community?
- Do you want to bring more balance to your life?
- Do you value professional and personal development?
- Are you willing to explore and discover new possibilities?
- Do you want more joy, peace, challenge, or adventure?

At this half day workshop, you will have the opportunity to review your personal and work life with the purpose of living a life of conscious choice in alignment with what truly matters to you. You may use this process and tools for yourself and for coaching your staff to greater fulfillment.

Agenda:

- The dual responsibility for work life alignment – the organization and the individual.
- Review the Wheel of Life and the Job Performance Wheel; assess your level of satisfaction in each area.
- Determine your key focus areas, goals and commitments to achieve the personal and work life you desire.
- Develop action steps to get results.

**Facilitator: Heather Erhard**, CMC, CPCC, is the founder and Director of Erhard Associates, a management consulting, training and coaching firm dedicated to improving personal, team and organizational effectiveness. She brings over 20 years experience in leadership development, strategic planning, team building and coaching. She works extensively in the areas of Emotional Intelligence – facilitating workshops, presenting at conferences and providing individual and group coaching. Her passion is coaching groups and individuals to reach their full potential. Heather has taught at the University of Manitoba, the University of Winnipeg and Queen's University. She is also a popular speaker at conferences.

**PRESENTED IN PARTNERSHIP WITH:** Industry Workforce Development, Manitoba Entrepreneurship Training & Trade Canada / Manitoba Business Service Centre

**REGISTER NOW** - Fax this form to (204) 949-4990 or register online at [www.qnet.mb.ca](http://www.qnet.mb.ca)

\$149.00 + GST for QNET Members

\$179.00 + GST for Non-Members

Name \_\_\_\_\_ Title \_\_\_\_\_

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Participants will receive location/final details about 3 days prior to session, please contact QNET if you do not receive this. Cancellations must be received in writing no later than 6 business days prior to the course. After that time, the full registration fee will apply and only replacement participants will be accepted. Invoices will be sent for non-attendance. G.S.T. Reg # 899755334RT.



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