



QNET presents:

Motivate This!

Friday, January 21, 2011 – 11:30 a.m. to 1:30 p.m.

An experiential look into the 5 W's of Motivation. Why are people motivated (or not), what is their motivational style, who is responsible for sustaining the motivation, where does the motivation come from, when (and how) should we start. This presentation will help participants find the time, energy and motivation they need to get the things they want/need to get done - done!

Learning Objectives:

- Identify individual motivating styles
- Collect tools to help motivate self and others
- Find more time and energy to accomplish priorities

Target Audience: anyone with a life and too much on their to-do list

Presenter: Stephanie Staples, Your Life, Unlimited (www.yourlifeunlimited.ca)

Stephanie Staples helps people see their world differently. As the founder of Your Life, Unlimited - Stephanie is Winnipeg's premier motivational coach and speaker. She is filled to overflowing with ideas to help individuals and groups stop squawking about their lives and start LIVING their lives with full GUSTO! While she speaks internationally, locally you can find her sharing her insights for better living on CJOB, SHAW TV and between the pages of Winnipeg Women Magazine.

QUEST is a series of information sessions that bridge the gap between business needs and local consulting expertise. Presentations feature a variety of concepts, tools and practices relevant for today's workplace.

Presented in partnership with Industry Workforce Development, Manitoba Entrepreneurship Training and Trade

REGISTER NOW - Fax this form to (204) 949-4990 or register online at www.qnet.mb.ca

Fee: \$39.00 + GST for QNET Members \$49.00 + GST for Non-Members

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Participants will receive location and final details approximately 3 days prior to the session; please contact QNET if you do not receive this information. 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. Replacement participants are accepted at anytime. Invoices will be sent for non-attendance. G.S.T. Reg # 899755334RT



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