

Registration Form

Fax to (204) 949-4990 OR register online at www.qnet.mb.ca.

Cancellations must be received in writing no later than **Friday, April 24, 2009**. After that time, the full registration fee will apply and only replacement participants will be accepted. Invoices will be sent for non-attendance.

Name _____

Title _____

Organization _____

Address _____

City _____

Prov. _____ Postal Code _____

Phone _____

Fax _____

E-mail _____

Number of participants: _____

(if registering more than one person, please attach a list with each participant's name, title, phone, fax and e-mail address)

- \$139.00 plus GST for Members of:
- QNET HRMAM CME CIM MCCA
 MFPA CSAE Manitoba Aerospace

- \$179.00 plus GST for Non-Members

METHOD OF PAYMENT

- Cheque enclosed Please invoice
 Visa MasterCard American Express

Credit Card _____

Expiry Date _____

Card Holder's Name _____

Signature _____

G.S.T. Reg #899755334RT

Limited Seating—Register Early!

Presented by:



QNET / Manitoba Quality Network

Suite 303, 171 Donald Street
Winnipeg, Manitoba R3C 1M4
Phone: 204-949-4999
Fax: 204-949-4990
E-mail: mail@qnet.mb.ca
Web site: www.qnet.mb.ca

In partnership with:

**Industry Workforce Development,
Manitoba Competitiveness, Training and Trade**

Service Transformation Manitoba

Canada/Manitoba Business Service Centre



Reducing Work/Life Conflict

What Works? What Doesn't?

With Dr. Linda Duxbury



Ignoring the issue of Work/Life Conflict will affect morale, efficiency and the ability for organizations to meet goals. Find out why and what you can do about it.

Presented by:



**Winnipeg, Manitoba
Friday, May 15, 2009
8:00 a.m. to 11:30 a.m.**

Friday, May 15, 2009



Dr. Linda
Duxbury

QNET is once again proud to bring to Winnipeg Dr. Linda Duxbury, one of Canada's leading workplace health researchers. She has written hundreds of papers, journals, and books, and is co-author of a series of Health Canada reports about work-life balance in Canada. Dr. Duxbury draws on over 1500 interviews when she makes statements about Canadian and global trends.

Dr. Duxbury is a professor at the Carleton University School of Business. In the last decade, a major focus of her research has been on work/family balance in both public and private sectors, small business, and technology companies. In the course of this research, over 100,000 Canadians were surveyed or interviewed, making it one of the largest research studies of its kind. She has influenced government policy-making and significantly advanced the practices and attitudes toward work-life balance.

Her speeches are funny and incredibly well informed. Her work has been the basis of a number of government initiatives and she knows exactly what it takes for your business to compete in the shifting economy.

Reducing Work / Life Conflict What Works? What Doesn't?

8:00 A.M. TO 8:30 A.M. – REGISTRATION & REFRESHMENTS
8:30 A.M. TO 11:30 A.M. - PRESENTATION

Can spending quality time with your family and friends make you more productive at work?

Dr. Linda Duxbury believes it can. When it comes to work/life conflict she feels organizations "just aren't getting it", even after more than a decade of focus on the issue. Duxbury's research reveals that countless organizations are ignoring work/life conflict consequently affecting morale, efficiency and the ability to meet its goals.

Using the key findings of the reports derived from the national study *Balancing Work, Family and Lifestyle*, Dr. Duxbury will explore the two most prevalent and harmful forms of work/life conflict which are role overload and work interference with family time. Specifically, she will answer the questions: What is it? What causes it? Who is at risk? Why should organizations care? What can businesses, employees, and families do to reduce it?

A dynamic, thoughtful and entertaining presenter, Duxbury helps managers and executives understand why workplace health and well-being matters, and what they should be doing to help their employees and themselves live happier, more balanced, and more productive lives.

QNET / Manitoba Quality Network

QNET is a network of individuals and organizations focused on the pursuit of organizational excellence and continuous improvement. Our members and clients represent various sectors of the Manitoba economy – service, manufacturing, health care, government, education and not-for-profit.

QNET Vision

A community of adaptive, effective organizations, recognized for the advancement of individual and organizational performance excellence.

QNET Mission

Manitoba Quality Network leads an ongoing process of awareness, networking, education, and recognition of quality in a changing environment.

