

# WORKPLACE WELLNESS

**QNET Presents:**

## **Achieving Work/Life Balance**

**Wednesday, October 14, 2009 - 8:15 a.m. to 11:30 a.m.**

The terminology "workaholic" originated with the Baby Boomer generation who were the first to determine that in order to succeed at work one needed to be seen to be putting in long hours. Those long hours have led to high levels of stress and burnout within the Canadian workforce and to a recognition that something needs to change.

This session will explore strategies to find success within and balance between one's work and personal life. Learn about:

- The state of work/life balance in Canada
- The costs of stress
- Defining what matters to you
- Time management: principles, tools and strategies
- Stress management: principles and strategies
- How to develop your action plan today

### **Facilitator: Priti Shah**

Priti Shah is a lawyer, mediator, arbitrator, investigator and facilitator and operates *PRAXIS Conflict Consulting* in Winnipeg. Priti trains in the areas of board development, effective communication, conflict resolution, negotiation and mediation skills, equality, diversity and harassment. In 2005, Priti was awarded the Woman Entrepreneur of the Year Award for Contribution to Community from the Women Business Owners of Manitoba.

### **PRESENTED IN PARTNERSHIP WITH:**

Industry Workforce Development, Manitoba Competitiveness, Training and Trade  
Canada / Manitoba Business Service Centre

**REGISTRATION FORM:** Fax to (204) 949-4990 or register online at [www.qnet.mb.ca](http://www.qnet.mb.ca)

Fee:  \$169.00 + GST for QNET Members  \$199.00 + GST for Non-Members  
Name \_\_\_\_\_ Title \_\_\_\_\_  
Organization \_\_\_\_\_ City \_\_\_\_\_  
Ph \_\_\_\_\_ Fax \_\_\_\_\_ Email \_\_\_\_\_  
Payment method:  VISA  AMEX  MasterCard  Cheque Enclosed  
Card # \_\_\_\_\_ Expiry \_\_\_\_\_  
Cardholder name \_\_\_\_\_ Signature \_\_\_\_\_

Participants will receive location/ final details about 3 days prior to 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 and only replacement participants will be accepted. Invoices will be sent for non-attendance. G.S.T. Reg # 899755334RT.



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