



Finding Time
Fulfilling Purpose

MANITOBA'S CONFERENCE FOR LEADERS | MAY 6, 2024 | PRESENTED BY QNET

Finding Time, Fulfilling Purpose

- Dr. Patlee Creay, Founder & Lead Facilitator, Reyou

Meet Patlee

Dr. Patlee Creary is a passionate mental health advocate who uses storytelling, conflict transformation, and mindfulness-based stress reduction practices to educate leaders, employees, teams, and everyday people about mental well-being and resilience.

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About this session

- You will be invited to
 - Take part in a thought experiment that illustrates how burnout and chronic stress diminishes your time and purpose.
 - Learn the facts about mental health needs in the workplace and team.
 - Understand the real cost of chronic stress.
 - Learn beneficial stress resilience skills that help you find time and fulfill your purpose.



Resource List

- Additional resources will be provided to persons attending this session.





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Speaker Contact Information:

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