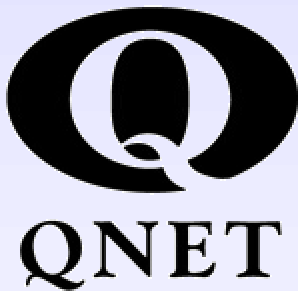


# Workplace Wellness: Work / Life Balance... In Hectic Times

Wednesday, August 11, 2004 - 8:15 a.m. to 4:15 p.m.  
LOCATION: to be announced (In Winnipeg)

**QNET provides resources, information session and training on Workplace Wellness as part of QNET's focus on improving quality and organizational effectiveness.**



Presented in partnership with:

Industry Training Partnerships,  
Manitoba Advanced Education &  
Training



"Though we can't control the hand we are dealt in life, we can control how we play the cards."

### MISSION:

Reduce stress, save time, and enjoy better business interactions!

### COURSE OBJECTIVES:

- Know the signals of distress
- Starting the day off right
- Personally assess the 'treadmills' and status of balance in one's life
- Understand how different behaviour styles impact a person's ability to manage themselves and the importance of 'decluttering from inside out'
- Understand three key steps to solving a variety of time management challenges
- Develop an appreciation of the self-management productivity matrix and importance of operating in the "heart of effective personal management"
- Find out what it takes to operate on a "full tank"
- Learn short and long term rejuvenation techniques for maintaining physical balance in hectic times

**Facilitator: Cec Hanec, Owner and President of Cec Hanec & Associates Inc.** is a much sought after professional presenter, facilitator and personal business coach dedicated to providing *creative solutions for the 'people side' of business.*

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

#### Work / Life Balance... In Hectic Times (August 11, 2004):

\$212.93 QNET Member (includes \$13.93 g.s.t.)

\$234.33 Non-Member (includes \$15.33 g.s.t.)

*\*\* Take advantage of the Early Bird Rate! Register two weeks prior to the day of the event and receive a 10% discount off the registration fee. The discount rate will be automatically taken off the registration fee by the QNET office.*

G.S.T. Reg # 899755334RT

NAME \_\_\_\_\_

ORGANIZATON \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROV \_\_\_\_\_ PC \_\_\_\_\_

PH \_\_\_\_\_ FAX \_\_\_\_\_ EMAIL \_\_\_\_\_

#### PAYMENT METHOD:

Please Invoice  Cheque Enclosed  VISA  AMEX  MasterCard

Card # \_\_\_\_\_ Expiry \_\_\_\_\_

Card Holders Name \_\_\_\_\_

Signature \_\_\_\_\_

An event confirmation will be faxed one week in advance and will include location and session details. Cancellations must be received in writing no later than Tuesday, August 3, 2004. After that time, the full registration fee will apply and only replacement participants will be accepted. Invoices will be sent for non-attendance.

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