

# QUEST SERIES

**QNET presents:**

## **Reclaiming Wellness for Professionals**

**Friday, January 22, 2010 – 11:30 a.m. to 1:30 p.m.**

A fun, participatory workshop that challenges typical ideas of wellness and reenergizes individuals to take control of their personal well-being by applying uncommon knowledge to common issues.

Participants will:

- Redefine wellness on their own terms
- Learn to push past the no time / money / energy excuses
- Have words and tools to help them reclaim their personal wellness
- Leave with actionable steps to improve the quality of their lives

**Presenter: Stephanie Staples, Your Life, Unlimited** ([www.yourlifeunlimited.ca](http://www.yourlifeunlimited.ca))

With a background in nursing, fitness and as an entrepreneur, Stephanie adds personal coaching tools to her events to create a unique combination of experiences that push people past “knowing” and into “growing”. She speaks internationally in the area of personal growth and wellness and has the opportunity to practice what she preaches regularly, much to the dismay of her husband and three teens!

**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 Competitiveness Training and Trade  
Canada / Manitoba Business Service Centre

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**REGISTER NOW** - Fax this form to (204) 949-4990 or register online at [www.qnet.mb.ca](http://www.qnet.mb.ca)

Fee:     \$40.00 + GST for QNET Members                       \$50.00 + GST for Non-Members

Name \_\_\_\_\_ Title \_\_\_\_\_

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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. GST Reg # 899755334RT.



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