

# QUEST SERIES

**QNET presents:**

## **Self-Driven Performance**

**Wednesday, September 25, 2013 – 11:30 a.m. to 1:30 p.m. – Luncheon Presentation**

**Location: QNET - Suite 660, 175 Hargrave Street, Winnipeg**

Self-Driven Performance teaches the benefits and rewards, both mentally and physically, from embracing a positive attitude in the workplace. Although not always easy, having a positive perspective is important in developing high performance individuals and teams, and it can be learned.

Designed for leaders, managers, frontline workers and individuals, this luncheon presentation provides key tools for participants. The goal to have a positive attitude needs to be self-driven, and with that comes performance rewards.

Learning objectives:

- To learn the rewards from having a positive attitude
- To create a harmonious work environment
- To contribute positively to team collaborations
- To manage stress effectively

**Presenter: Jane Meagher** is a Senior Training Consultant, certified coach and counsellor who brings over twenty-five years of experience to her training and coaching business. Her background in human behaviour and typology (the study of personality types), as well as her ability to relate to people of all circumstances, have contributed to her diverse career. Jane is extremely results oriented and has had numerous successes throughout her career. Her compassion and positive infectious personality create the platform for learning.

*This session is presented by QNET in partnership with APICS Winnipeg Chapter and Industry Workforce Development, Manitoba Entrepreneurship Training and Trade.*

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

Fee: (includes a light lunch)     \$39.00 + GST for Members of:     QNET     APICS     \$49.00 + GST for Non-Members

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Cancellations (by the attendee) must be received in writing no later than 6 business days prior to the session. After that time, the full registration fee will apply. Substitutions are accepted at any time. Invoices will be sent for non-attendance. All funds are charged in Canadian dollars. If the session is cancelled / postponed by QNET and you have already paid for the session, you will receive a credit by email – you can apply this to your credit card or request a refund cheque. QNET is a Scent-Free Zone: Due to the chemical sensitivity of some of our clients, we ask that you refrain from wearing perfume, sprays, or cologne at the QNET Office.



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