



Creating a *Culture of Wellness*

Wednesday, May 8, 2002 - 8:00 a.m. to 12:00 noon
Location: T.B.A. (Downtown Winnipeg)

Session description:

Today, with so many stressors in our Work-Life it is understandable that people need to be aware of what might be causing their distress, how that dis-ease might look and feel and what can be done about it. When people can become aware of ways to work together in their organizations more productively, harmoniously and willingly, it can go a long way to alleviating distress and *Creating a Culture of Wellness*.

At the completion of this session participants will have:

- An increased awareness about the concept of wellness, how a system looks when wellness is present, and the benefits to the individual and the larger group within such a system
- An understanding of some of today's world views about the workplace, how these views could be undermining workplace wellness, and how the effects of this contraction play out for the individual
- An appreciative look at the best of the past, a vision of the future, and group input for how this vision of the future could be started now, in the present
- An implementation perspective that garners the commitment of the individual and encourages immediate incorporation of wellness interventions into your organization's structure

Presenter:

Judee Gannon, is an accomplished communicator, coordinator, and agent of change who has had her own consulting business for over thirty years. Her consulting company, World of Work, is an entrepreneurial outgrowth of her expertise. It supports the concept of Conscious Leadership, an awareness process for facilitating workplace wellness. hope@worldofwork.com

REGISTRATION FORM

Fax your completed form to QNET at (204) 949-4990 OR Register online - www.qnet.mb.ca

QNET Member: \$75.00 (please add g.s.t.) Non-Member: \$85.00 (please add g.s.t.)

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***Event Confirmation: A fax will be sent one week prior to the event. It will include the event location.
G.S.T. Registration # 899755334RT*

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