

The Employee Assistance Program Association of Toronto (EAPAT) Proudly Presents

Re-defining Success – Achieve Work-Life Quality

We are pleased to once again welcome speaker, facilitator, consultant, and author **Nora Spinks**

In fast paced, high performing work environments, competitive and volatile markets, unpredictable political climates and complex family challenges; how we define and measure success is critical to our personal, professional, organizational social and economic health and well-being.

If success is...

Being able to achieve health, happiness and harmony while I ...

- ... fulfill my multiple responsibilities, obligations and commitments at home, at work and in the community
- ... follow my passions
- ... explore my interests
- ... pursue my dreams
- ... realize my aspirations
- ... reach my personal and professional goals
- ... with confidence, energy and pride
- ... without fear, guilt, anxiety, sacrifice, compromise or disappointment!

How do EAP providers, wellness experts, HR professionals, managers and leaders model balance behaviours and harmony habits, mentor and coach colleagues, establish appropriate policies, programs, protocols & practices to create healthy, productive environments where people, teams and organizations not only survive but thrive? Learn what leading organizations around the world are doing to facilitate success, hear what the next generation of leaders are expecting, and discover how you can make a difference in the lives of others.

Nora Spinks, President of Work-Life Harmony Enterprises, wellness pioneer and long time member of EAPAT will share her insights, experience and ideas about the workplace of today and tomorrow. She will discuss the role EAP providers and EAP/EFAP/OHS committees are and should be playing as we move from the information/knowledge economy to the wisdom economy based on individual and collective innovation, creativity and energy.



This session qualifies for 1 CE Credit. Certificate of Attendance available at the registration table upon request.

Join in the Conversation:

Thursday April 21, 2011

Breakfast and Community Building 7:30 AM – 8:00 AM

Conversation 8:00 AM – 9:30 AM

Location: Toronto Lawn Tennis Club, 44 Price Street (Phone: 416-922-1105)

TTC: Summerhill Station (walk 2 blocks south), Rosedale Station (walk 3 blocks north)

FREE Underground Parking – courtesy of EAPAT

Fee: \$35 for non-members; included with your EAPAT Membership

Please RSVP to rsvp@eapat.org or visit us at www.eapat.org

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