

# Plan Shop

New!

October 6th & 13th, 2005

## 2 Separate Sessions - Work Life Balance & Envision Your Dream Career

**Leader for the workshops:** Julia James, a Certified Professional Co-Active Coach and Coaches Training Institute graduate works with busy, successful professionals who want more balance in their lives. Julia is an engaging public speaker, who brings her enthusiasm and knowledge to organizations through interactive workshops on themes such as work-life balance, time management, and career visioning. Julia has five years experience in program management, facilitation and partnership building in the natural resources sector. She facilitated workshops for diverse groups to create innovative collaborative research projects and build sustainable partnerships. For more on Julia visit [www.JuliaJames.ca](http://www.JuliaJames.ca)



### Event Registration

Name: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

1. Work Life Balance  
 2. Envision Your Dream Career

### Pay by Credit Card

Card #: \_\_\_\_\_

Name on card: \_\_\_\_\_

Expiry date: \_\_\_\_\_

Amount (incl. GST): \_\_\_\_\_

Signature: \_\_\_\_\_

**Pay by Cheque - Please email/call first to confirm space, address will be provided.**

Please reply to: Carole Jolly  
Fax: 604.827.5825,  
Phone: 604.830.3759,  
Email: [carole.jolly@ubc.ca](mailto:carole.jolly@ubc.ca)

## 1. Work Life Balance: Laying the Ground for Sustainability

As professionals in the planning / sustainability field you are managing a busy workload, facing short-term, insecure funding situations, and experiencing rapid changes in the industry. It is important to reduce stress, and to find a balance between time spent at work and that dedicated to all the rest of your life, family, friends, recreation etc. Through this workshop you will:

- Examine balance in your life
- Explore areas ready for improvement
- Discover choices available to you
- Design action steps toward more balance
- Reduce your stress and increase enjoyment

While you spend most of your time working to create a healthier and more balanced environment, this evening is an opportunity to take a closer look at your life.

Only  
25 Spots!

**Thursday, October 6th, 2005**  
**6:30pm registration, 7pm start**

**SFU Harbour Centre, Rm 2245**  
**Cost: \$20 for PIBC Members**

*Non-members wait-listed & cost \$25*

## 2. Envision Your Dream Career: Designing The Next Steps in Your Professional Journey

The Plan Talk Team is pleased to announce our very first Day Time Workshop to explore career-visioning! The planning/sustainability field is experiencing rapid changes and many of you are considering changes in your path. This is your chance to get in touch with your passion and dreams and make your journey to success meaningful and enriching. Through this workshop you will:

- Access your intuition and bypass your analytical mind
- Use peak experiences to design the future you envision
- Increase your awareness of the choices available
- Create clarity and focus
- Design the next steps on your career journey

You will also receive a 30-minute one-on-one coaching session

Only  
15 Spots!

**Thursday, October 13th, 2005**  
**8:30am to 12 noon**

**SFU Harbour Centre, Rm 1532**  
**Cost: \$40 for PIBC Members**

*Non-members wait-listed & cost \$60*