

How Does Balance Between Your Career and Personal Life Contribute to Your Success in Your Career? Find Out at BCSA's First Health and Wellness Seminar



Work-Life Balance

Wednesday, January 25, 2006
11:30 am to 1:30 pm
New Westminster Office
88 Sixth Street, Suite 400

*Main Boardroom
Lunch Provided*

About the Workshop Leader

Julia James is a life and business coach, graduate from the Coaches Training Institute. Julia 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 brings five years experience working as a facilitator in the natural resources section, helping diverse groups to create innovative collaborative research projects and build sustainable partnerships.

What is the connection between BC Safety Authority's (BCSA) business success and the holistic health of BCSA's most valuable resource – you, the employees? Trends show employees are feeling unprecedented stress and health management issues, employees are changing companies more often and burn out is at all time high. We are expected to do more, faster, more accurately, and often with less resources to remain competitive. Workers in the industry and BCSA employees are managing increasingly busy workloads while simultaneously juggling family and other commitments. It is important to be aware of the connection between your career and other components of your life.

It's time for you to reduce stress and find balance between your career and the rest of your life. Your career is important and many studies show that living a balanced life enhances efficiency and productivity at work, which ultimately contributes to you and to BCSA's bottom line.

Through this seminar you will:

- Understand how a “healthy” you helps the company.
- Learn about work-life balance and identify your challenges.
- Explore areas ready for improvement.
- Discover choices available to you and develop strategies for a healthy life style.

Prior to registering, please confirm your attendance with your supervisor and/or manager and then contact Yvonne Lam. Yvonne.Lam@safetyauthority.ca or 604.660.2140

Registration Deadline: **Tuesday, January 17, 2006**

**** Don't delay, limited seats.****