

How Does Balance Between Your Career and Personal Life  
Contribute to Your Success in Business? Find Out at BOMA's First

## Work-Life Balance Seminar



Friday, October 28, 2005  
8:15 am to 10 am  
Hyatt Regency Hotel,  
655 Burrard St.  
Georgia Ballroom A  
*Refreshments included*

### About the Workshop Leader

Julia James is a life and business coach, graduate from the Coaches Training Institute. Julia brings her enthusiasm and knowledge to organizations through interactive experiential workshops that invite participants to experience the power that coaching can bring to your life in a group setting. Julia brings five years experience working as a facilitator in the natural resources sector, helping diverse groups to create innovative collaborative research projects and build sustainable partnerships.

What is the connection between your business success and the holistic health of your most valuable resource – you and your employees? Companies are facing unprecedented stress and health management issues, employees are changing companies more often and burn out is at an all time high. We are expected to do more, faster, more accurately, and often with less resources to remain competitive. Professionals in the real estate industry 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 your company's bottom line.

### Through this seminar you will:

- Understand how a “healthy” you helps your company
- Learn about work-life balance
- Explore areas ready for improvement
- Discover choices available to you

To register, fill in form & fax to 604-684-4876 or email [sjones@boma.bc.ca](mailto:sjones@boma.bc.ca)

Workshop Fee: \$40 plus GST Payable in Advance

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

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

Additional People: \_\_\_\_\_

I would like to pay by (please circle): Check to BOMA BC    Credit Card on File    Invoice PO# \_\_\_\_\_

New Credit Card (Visa or MC) #: \_\_\_\_\_ Expiry: \_\_\_\_\_

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