

April Luncheon featuring Beverly Beuermann-King

Harness Your Energy - Build Your Resilience
How To Ensure That You Can Bounce With The Best Of Them

April 25, 2019

11:30 am - 2:00 pm

Location: Holiday Inn Toronto International Airport
970 Dixon Road, Toronto, ON M9W 1J9



The way in which we work can cause exhaustion. This entertaining workshop demonstrates hands-on strategies that we can utilize to boost our energy, restore focus and bounce in the face of challenge. Practice deskercises, breathing techniques, and other stress busters that can be easily performed throughout your day and allow you to step off the treadmill and regain your rhythm. The Harness Your Energy - Build Your Resilience program has been designed to foster self-awareness, provide you with new skills and tools to increase your energy, and encourage you to commit to a change.

Register By April 3, 2019

- CSAE Members: \$55 (plus hst)
- Non-Members: \$68 (plus hst)

Cancellation Policy: Notice to be in writing prior to 5:00 pm April 16, 2019
HST # 106866890RT0004

Register After April 3, 2019

- CSAE Members: \$70 (plus hst)
- Non-Members: \$85 (plus hst)

Sponsors

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Name: _____ Title: _____

Organization: _____

Address: _____

City: _____ Province: _____ Postal Code: _____

Email: _____ Phone: _____

Dietary Restrictions: _____

PAYMENT: Visa MasterCard Amex Cheque (must be received prior to event)
Please make cheque payable to the CSAE Trillium Chapter

Card Number: _____ Expiry Date: _____

Name on Card: _____ Security Code: _____

TO REGISTER:

ONLINE: www.csae.com/networks/trillium/events EMAIL: admin@csae-trillium.com
FAX: 647-346-0923 MAIL: 1-70 Eglinton Square, Box 51165, Toronto, ON M1L 4T2