



## Learning to Live on Higher Ground Workshop Self-Care for Professionals Winnipeg Transition Centre

### What will you learn?

In an age when we are expected to do more with less resources and less time, we can find our own energy supply depleting. Re-fuel, re-charge and learn to live on higher ground!

- ✓ Healthy habits to handle stress
- ✓ Re-affirm your gifts, talents and accomplishments
- ✓ To build up encouragement and reduce your discouragement
- ✓ How lessons from the past can help make sense of the present
- ✓ What has been working for you and what to let go

To include humor in the process of ongoing personal development

### What participants have taken away from the workshop...

- ✓ "Re-affirming the beauty and value of spending positive healthy time with my team!"
- ✓ "Giving me some sound ideas I can implement in personal / work life to be a more productive person"
- ✓ "Reminding myself to put 'things' or desired changes into actions"
- ✓ "Being myself and laughing more"
- ✓ "Being reminded of the importance of take care of myself, and focusing on the simple things in life"
- ✓ "I found all activities useful and will use and incorporate them in my day-to-day life."

### This rejuvenating workshop will benefit individuals who:

- ✓ Want to maintain a healthy balance and manage stress effectively
- ✓ Feel stuck in a professional rut
- ✓ Never take time for themselves
- ✓ Seek to focus on the positive in life
- ✓ Need a pat on the back
- ✓ Find themselves distracted by workplace politics

# Registration Form

## Learning to Live on Higher Ground Workshop

Location: 950 Jefferson Avenue, Winnipeg, MB R2P 1W1 (9:00 a.m. to 4:00 p.m.)

\_\_\_\_\_  
 First Name Last Name

Sector (Office Use Only) Organization (If Applicable) Position/Title

\_\_\_\_\_  
 Street Address City Prov. Postal Code

( ) \_\_\_\_\_  
 Phone Web Address Email

I give the Winnipeg Transition Centre permission to e-mail me periodic information on upcoming workshops, events, presentations, newsletters and other promotional messages.

**How did you hear about our workshop programs?**

- |   |   |
|---|---|
| <input type="checkbox"/> Website            | <input type="checkbox"/> University of Winnipeg |
| <input type="checkbox"/> Internet           | <input type="checkbox"/> Humber College         |
| <input type="checkbox"/> Co-worker          | <input type="checkbox"/> Friends                |
| <input type="checkbox"/> Manager/Supervisor | <input type="checkbox"/> Other                  |

**Registration Fees per registrant**

Please indicate if you are exempt from GST/HST

✓	Course	Dates	Non-Profit Rate	Public/Private Sector Rate
	Learning to Live on Higher Ground	February 17, 2023	\$350.00 + \$17.50 (GST)	\$550.00 + \$27.50 (GST)
<b>TOTAL</b>				

Cheque Enclosed  
 Cheques Payable to: Winnipeg Transition Centre. Direct Deposit, EFT, and E-transfer payment options available

**Please Email or Mail your registration ASAP To Ensure Your Seat!**

Invoice to: \_\_\_\_\_

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

Fees must be received in our office **14 days prior to course date.** Refunds will be given for cancellations received **10 business days prior to the workshop.**

If you have any questions please do not hesitate to contact us at:

Phone: 204-338-3899 or Fax: 204-231-5449

Email: [info@winnipegtransitioncentre.com](mailto:info@winnipegtransitioncentre.com)

The Winnipeg Transition Centre is not responsible for participant travel, transportation and/or accommodation costs due to the cancellation of any workshop

