



Sponsored by:

INVITATION:
*Managing to Manage Workplace Stress:
Make Your Workplace Great!*
With Dr. Steven J. Stein

THURSDAY OCTOBER 23rd, 2008 from 7:30-9:30am



The Psychology Foundation of Canada (PFC) and Desjardins Financial Security are proud to partner to bring you this event.

When: THURSDAY OCTOBER 23rd, 2008 from 7:30-9:30am (Hot Buffet Breakfast will be Served)

Where: The Vancouver Club, Vancouver (www.vancouverclub.ca), 915 West Hastings Street, Vancouver, BC (Directions can be found on their Web site)

Description: Excessive stress – as well as other mental health problems, such as depression and anxiety – are estimated to cost the Canadian economy \$33 billion each year in lost productivity. Fortunately, there a number of things that can be done in the workplace to not only help people achieve better work-life balance and manage stress, but also increase workplace productivity – and ultimately – improve the bottom line. Join **Dr. Steven Stein**, psychologist and CEO, as he discusses some of the findings from his new book, *Make Your Workplace Great: The 7 Keys to an Emotionally Intelligent Organization*. Based on surveys with thousands of people in a variety of organizations, seven areas are identified that you can focus on to improve your work environment, including Work/Life Stress Management. This talk will focus on concrete steps you can take to increase employee health and engagement, and the overall productivity of your organization. There will be an opportunity for questions and discussion afterwards.

Each participant will have the opportunity to win a copy of one of Dr. Stein's books, and everyone will receive booklets by The Psychology Foundation of Canada called, *Managing to Manage Workplace Stress* and *The Struggle to Juggle: Top Stress Management Strategies for You and Your Family* (featuring information from PFC's *Kids Have Stress Too!*® Program). Information from other partner organizations like the Canadian Mental Health Association – British Columbia Division will also be available.

Who Should Attend: CEO's, HR Professionals, EAP Specialists and other senior decision-makers responsible for employee health.

How to Register: *Please Note - this is a private event and pre-registration is required.* To obtain the registration form, please contact Krista Saleh at ksconsult@rogers.com. **Thanks to the generosity of Desjardins Financial Security, this event will be offered at no cost to participants, but please note that seating is limited, and spaces will be filled on a first-come, first-served basis.**

Dr. Steven J. Stein is a clinical psychologist and CEO of Multi-Health Systems (MHS), an internationally known psychological test publishing company. MHS is a three-time Profit 100 (fastest growing companies in Canada) winner. A leading international expert on psychological assessment and emotional intelligence, he has consulted to military and government agencies, including the Canadian Forces, U.S. Air Force, Army and Navy, special units of the Pentagon, FBI Academy, as well as corporate organizations including American Express, Air Canada, Canyon Ranch, Coca-Cola (Mexico), and professional sports teams. Dr. Stein is the most recent past Chairperson of The Psychology Foundation of Canada, a current Board Member of the Foundation and also co-author of the book *The EQ Edge: Emotional Intelligence and Your Success*.

