



THE PSYCHOLOGY
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Desjardins
Financial Security

Sponsored by:

INVITATION:

*The Struggle to Juggle: Top Stress Management Strategies
For Work and Home!*
With Dr. Steven J. Stein

Two Lunch and Learn Sessions:
THURSDAY OCTOBER 23rd, 2008

Your Choice of: 12noon-1pm OR 1:15-2:15pm

Guinness Tower, Vancouver



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

When: Thursday October 23rd, 2008; 12noon-1pm OR 1:15-2:15pm

Where: Guinness Tower Conference Room, Lower Main Floor, 1055 West Hastings St., Vancouver, BC (www.oxfordproperties.com)

Description: Listen to leading expert psychologist, Dr. Steven Stein, author of *Make Your Workplace Great: The 7 Keys to an Emotionally Intelligent Organization* and co-author of *The EQ Edge: Emotional Intelligence and Your Success* discuss key work-life balance strategies to use at work and at home and how these strategies relate to emotional intelligence. Also hear how stress affects your children and pick up some great stress management strategies to use with your kids during this busy time of year.

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.

How to Register: *Please Note – these are private events.* ONLINE REGISTRATION IS REQUIRED by going to www.psychologyfoundation.org/events_special.php and filling out the required information for the session time of your choice. Should you have any questions about this process, please email Krista at klsconsult@rogers.com. **Thanks to the generosity of Desjardins Financial Security, these events 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.**

Who Should Attend: Managers, Employees, Parents/Caregivers.

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, and a current Board Member of the Foundation.