

Jolene Watson, Stress Management/
Resilience in the workplace.

Did you know that people tend to revert to the less preferred areas of their personality type under acute and chronic stress? This often causes out-of-character reactions that can lead to conflict and mental health issues. Jolene will discuss personality insights in terms of leadership skills developing resilience, change management strategies, and most importantly, getting back to balance for introverts and extroverts



October 5, 2023
8:00 am to 3:00 pm

Men Welcome

Kendra Weenie

A Path to Healing in the Workplace

In a world facing constant change, workplaces are being required to be more resilient than ever. Every person is faced with personal and professional challenges. It takes energy and perseverance to overcome these obstacles—through the power of storytelling, Kendra shares what it takes to heal and move forward in a healthy way. The workplaces of tomorrow are only as strong as the people who lead them.



Lunch hour Guest Speakers

Local Entrepreneurs

Abby Besharah, Marker 47 Café

&

Laura Hrdlicka, Fitness & Wellness From Laura

Registration

Phone: 306-425-2612

711 La Ronge Ave., Box 810

La Ronge, SK S0J 1L0

Email: jean@visionsnorth.com or
visionsnorth@visionsnorth.com

Cost

To September 25, 2023—\$50.00

After September 25, 2023—\$65.00

Time

Registration 8:00—9:00 am

Workshops commence 9:00 am

Product Table

Will be available to purchase Speakers books, etc.

Location

1516 La Ronge Ave (Senior's Hall)

La Ronge, SK

Luncheon

Shepherds pie, Coleslaw and a bun will be served,
catered by Marlene Wolkosky.

Vegetarian dish will be available upon request.

Hosted by,

Community Futures Visions North

Supported by,

 Prairies Economic Développement Canada Développement économique Canada pour les Prairies

Canada

 **SaskTel**

 **Community Initiatives Fund**

 **SIEF**
SASKATCHEWAN INDIGENOUS ENTERPRISE FOUNDATION INC.

 **Cameco**

 **Econ. Dev.**
LAC LA PÉRIÉ GRAND BASS

Women in Business & Tools for Everyday Life!
18th Annual Women's Workshops
"Coping Tools to De-stress Your Work and Personal Life"

October 5, 2023

8: 00 am to 3:00 pm

1516 La Ronge Ave., La Ronge, SK (Senior's Hall)

**Women in
Business & Tools for
Everyday Life! 18th
Annual Women's
Workshop**

Registration Fee
\$50.00 before Sept.
25/22; \$65.00 after
Sept. 25/22.

Payment: Cheques
payable to Visions North CFDC

Cheque	_____
Cash	_____
Money Order	_____
Invoice	_____
E transfer	_____

Registration subsidies are available for registration fees only. Send your request in writing to Visions North CFDC.

Cancellation Policy: No refunds will be allowed although a substitute delegate is welcome to attend in your place. Please contact Visions North if there is a change to the registration.

Please print:

First Name: _____

Surname: _____

Mailing Address: _____

Community _____

Province: _____ Postal Code _____

Cell Number: _____

Home Number: _____

Work/Business Number _____

Name of work/business _____

Fax Number: _____

Email Address _____

**“Coping Tools to
De-stress Your Work
and Personal Life”**



Box 810

711 La Ronge Avenue

La Ronge, SK S0J 1L0

Telephone 306.425.2612 Fax 306-425-2205

Email: jean@visionsnorth.com or
visionsnorth@visionsnorth.com

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Prairies Economic
Development Canada

