

## Finding Balance: Living Health Professional and Personal Lives

Are you a take charge individual who likes to make things happen, or would you rather work to support your team, in a stable and co-operative environment? Do you like to categorize, organize and collect information or would you rather leave that to others; have fun, inspire and work with people? Would you like to improve your life by enjoying more satisfying and less stressful relationships in all areas? Then you need to join us to listen to **Kathy Corbett, RMT, IWP**, who will discuss techniques that you can use to ease your life at home, and at work, and to **Wendy Eustace, Executive Coach of Clarity Coaching & Facilitation**, who will explain how you can use your personal style to improve your life.

### About the Speakers

**Kathy Corbett, RMT, IWP** has been doing energy work and massage therapy for almost 12 years. Her passion is educating and empowering clients to make informed choices about their healing journey. She is also very passionate about facilitating businesses' ability to bring and maintain healthy energy in the business office and in their staff's personal life. This evening, Kathy will be discussing how to practice, create, and apply new energy in your business and life, while shifting awareness and finding calm in today's hectic world. Be prepared for an interesting and new perspective and, of course, some fun! Check out her website at [www.bodynsol.com](http://www.bodynsol.com).

**Wendy Eustace, Executive Coach** is a highly motivated, enthusiastic and dedicated professional with extensive experience in platform speaking, coaching and facilitation. Her immensely engaging communication style has contributed significantly to the success of the wide range of organizations she has assisted. Wendy demonstrates the ability to inspire leaders to set better goals, take more action, make better decisions, and more fully use their natural strengths. Tonight, Wendy will be discussing how to reduce personal and professional stress by increasing your effectiveness in communicating with others. Check out her website [www.claritycf.com](http://www.claritycf.com).

### Date:

Monday, November 1, 2010

### Location:

Holiday Inn Burlington  
Halton Room  
3063 South Service Road  
Burlington, ON L7N 3E9  
905-639-4443

### Time:

5:30 p.m. to 6:00 p.m. – Registration/Social/Cash Bar  
6:00 p.m. to 7:15 p.m. – Dinner/Cash Bar  
7:15 p.m. to 8:15 p.m. – Speaker 1  
8:15 p.m. to 8:30 p.m. – Visit Booths  
8:30 p.m. to 9:30 p.m. – Speaker 2

### Cost:

\$45.00 plus HST – Members  
\$50.00 plus HST – Non-members

### CPLD:

3 CPLD

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**REGISTRATION:**

To register online please visit the CMA Ontario Member Portal at <http://members.cma-ontario.org>.

To register by email or fax please complete the form below and send to Leena Rosenberg at 416-977-1365 (fax) or [rosenberg@cmaontario.org](mailto:rosenberg@cmaontario.org)

Guests (non-members) may register by email or fax by completing the form below and sending to Leena Rosenberg at 416-977-1365 (fax) or [rosenberg@cmaontario.org](mailto:rosenberg@cmaontario.org)

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**REGISTRATION FORM**

Please fax or email your registration form to Leena Rosenberg, Tel :( 416) 204-3140 or (800) 387-2991 ext 140,  
Fax (416) 977-1365, [rosenberg@cmaontario.org](mailto:rosenberg@cmaontario.org)

**Finding Balance: Living Healthy Professional and Personal Lives – Monday, November 1, 2010**

Name: \_\_\_\_\_ I am a Member:  I am a guest (non-member):

Member #: \_\_\_\_\_ Tel: \_\_\_\_\_

Credit Card (Visa/MasterCard): \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Signature: \_\_\_\_\_ Dietary Restrictions: \_\_\_\_\_

**No refunds for cancellations after October 27, 2010. Substitutions accepted at no charge.**

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