



# CMA Ontario/Midwestern Ontario District

## REGISTRATION FORM

**How to Improve Your Life and Reduce  
Stress Once and for All!**  
**Presented by: Arthur Wenk, Psychotherapist and  
Wendy Eustace, Executive Coach**

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 Arthur Wenk, Psychotherapist, 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.

Arthur Wenk is a psychotherapist practicing in Etobicoke (moving soon to Oakville) with a specialty in EMDR (Eye Movement Desensitization and Reprocessing). He holds masters degrees in psychology, information science and music theory and a doctorate in musicology. His passions include music, mathematics, movies, marathons, mountains and mysteries. Some techniques that Arthur will be discussing include: self-care, meditation, communication skills, mirroring, and "safe place" stress reduction. Check out his website [www.arthurwenk.com](http://www.arthurwenk.com).

Wendy Eustace 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 assisted. Wendy demonstrates the ability to inspire leaders to set better 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. Check out her website [www.claritycf.com](http://www.claritycf.com).

**Date:**

Tuesday, October 27<sup>th</sup>, 2009

**Location:**

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

[http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/yrca?\\_requestid=360856](http://www.ichotelsgroup.com/h/d/hi/1/en/hotel/yrca?_requestid=360856)

**Time:**

5:30 p.m. to 6:00 p.m. – Registration & Social

6:00 p.m. to 7:30 p.m. – Dinner & Cash Bar

7:30 p.m. to 9:30 p.m. – Speakers

**Dinner:**

The sit-down dinner consists of freshly-baked rolls, an appetizer of baby greens, and an entrée of tender chicken, succulent vegetables, and roasted potatoes. For dessert, a mouth-watering Belgian chocolate mousse cake beckons. Coffee and tea will be served with dessert, while a variety of drinks with dinner may be purchased at the cash bar.

**Cost:**

\$45.00 plus GST

**CPLD:**

3 credits

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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, lrosenberg@cma-ontario.org

Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Tel: \_\_\_\_\_ Guest Name(s): \_\_\_\_\_

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

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

**No refunds for cancellations after October 21, 2009. Substitutions accepted at no charge.**