



Stress Management (Virtual Session)

Getting Back to Balance Amidst COVID-19

November 24, 2020

OVERVIEW:

- 1. Understanding behavioral adaptation and stress triggers**
- 2. Understanding coping strategies in terms of overall wellness including sleep patterns, time management and self-care**
- 3. Utilizing appreciation styles in the workplace and performance reviews**
- 4. Introducing change effectively within your team**

12:00—1:30pm

Presented by Jolene Watson of Clarity Coaching & Development

Jolene Watson is the President of Clarity Coaching & Development, Certified Executive Coach, Personality Expert and Professional Speaker across Canada. She is also a facilitator at the Edwards School of Business / Executive Education, Praxis School of Entrepreneurship & Saskatchewan Polytechnic.



Registration

Stress Management (Virtual Session)

Name: _____

Title: _____

Company: _____

Address: _____

City: _____ Prov: _____ PC: _____

Phone: _____ Cell: _____

Email: _____

I consent to receiving future electronic communication from ACEC-SK

Yes No You may opt out at anytime.

Registration Deadline: November 20, 2020

Registration Fee: Member \$60.00	\$	_____
Registration Fee: Non-Member \$75.00	\$	_____
Add 5% GST #123170623	\$	_____
Total	\$	_____

Payment Options (please check one):

Please invoice Cheque enclosed for \$_____ payable to ACEC-SK

Cancellations made after November 20, 2020 and/or no shows are not eligible for refunds. If a registrant cannot attend the event, a replacement will be accepted. ACEC-SK reserves the right to cancel this event due to insufficient registration.

Complete Form and return to: events@acec-sk.ca

For more information contact: Darlene Leamon 306.550.2345



ASSOCIATION OF CONSULTING
ENGINEERING COMPANIES | SK