The Centre for Spirituality at Work
invites you to our next

Spirit at Work Breakfast:
What is *Your Next Step* at Work?

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Meet: Get to know others
Munch: Muffins, fruit, coffee/ tea/juice
Explore: How to bring more spirit into your work + Grow work that expresses your spirit

What's the next step you need or want to take in your work?
        - Grow your business or income
        - Offer a new product/service
        - Find new work
        - Market yourself or what you do
        - Face a fear or resistance that you have, and move past it
        - Change how you treat others... or love/accept yourself
Are you finding it easy or difficult to do?

How can the Centre support you?
        What kinds of workshops, discussions, services or events would YOU find helpful?
        Do you want opportunities to volunteer, give workshops or promote your work?
        Find out more about our new services & direction - and help us shape them

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        Date: **Saturday, February 15th** -- 10:00 a.m. to 1:00 p.m.
        Cost: **By donation** (suggested: $10.00) - incl. muffins, fruit, coffee/tea/juice
        Location: **St. Andrews United Church,** 117 Bloor St. East, Toronto

        By transit: Subway to Yonge & Bloor and walk East / **By Car:** Free Parking off Hayden St. – see here
(Note: Building is on the south side of Bloor, half way between Yonge & Church St, across from Marriott Hotel, Longo's & Park St. Look for the courtyard just west of the Shaw Tower. Church is at the end of the courtyard. Use lower entrance.)

        Please RSVP: info@spiritualityatwork.org or call 416-233-8665

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Before you attend, consider a few questions:

What are you most yearning for in your own work...
     and in your spiritual, professional & personal growth?

What would you like to do at work that would support your own growth the most?

What are you longing to learn, teach, share or talk about?

What could the Centre do that would help you to fulfill these?