

Wed. October 16th (7:00 to 9:15 p.m.)



Photo: iStock

The “Real World” of Work: What do you struggle with... or how do you make it more *alive*?

Every day, work brings practical issues that challenge us:

- dissatisfying work/crushed spirit
- conflict or rejection
- feeling exhausted/too busy
- ego getting in the way
- dealing with mistakes/failure
- finding something we want to do
- feeling isolated/alone
- doing work that’s fulfilling
- being more fully “ourselves”
- making ‘enough’ money
- the need to promote ourselves
- living our values, purpose
- ways to make a difference
- finding others who relate/understand

Which ones do you face? What do you do to make work more **meaningful** and **have money flow**?
Join us to explore these issues, and what you can do to have more “work” and “spirit.”

Date: **Wednesday, Oct. 16th -- 7:00-9:15 p.m.**
(come & meet others after 6:40 p.m.)

Cost: **By donation**

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 set back from the street about 100 feet, just west of the Shaw Tower. Use lower entrance.)

About Your Facilitator:

A coach, consultant and Director of the Centre for Spirituality at Work, **Eric Hellman** has been applying spiritual values & practices at work for over 30 years. His past work includes co-founder of the first Blue Box recycling program, consulting writer of the bestselling book *Leadership from Within*, organizer of two UN-related events, co-manager of a small office services company, and author of *Coming Out of the Spiritual Closet* – about his own challenges with talking about spirituality in public.

More information: 416-233-8665 -or- info@spiritualityatwork.org

Look forward to seeing you there!

Centre for Spirituality at Work

Programs, coaching and community to support your spirit at work
www.spiritualityatwork.org
