

## Michelle Cederberg

### The Success-Energy Equation: What it Really Takes to Win at Work and Still Have a Life

Get clear on your own definition of success. Discover the four variables that contribute to higher levels of success and satisfaction. Identify the missing variable in your own success-energy equation. Learn the many surprising ways that good physical, mental and emotional health strengthen the cornerstones of your equation.

## Derek Collins

### The Body Response to Trauma

Nobody is immune to the effects of psychological trauma. Whether you were involved in an abusive relationship, witnessed a horrific event or experienced workplace bullying, the effects of experiencing psychological trauma can last for a few moments or for a lifetime. Trauma can negatively impact all areas of your life. Derek will share strategies that can work in different settings to connect with people who have experienced trauma or toxic stress.

## Kalyna Country Primary Care Network Happiness Basics

This presentation shows you how happy people think and offers practical skills you can practice to create happiness daily. Happiness is a state of mind that you can choose and reinforce daily to:

- Increase the number of positive experiences in your life.
- Be more engaged with friends and your community.
- Expand opportunities for achievement.

## For Conference Information:

Committee Chair

Darla Yonkman

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## Registration Information:

Vermilion & District Chamber of Commerce

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## Friends of the Conference:

Walking Through Grief Society  
Battle River Victim Assistance Society  
Vermilion and Area Crisis Line  
Lighten Up Therapy

# WORK • STRESS • LIFE "Striking a Balance"

Empowerment | Health and Wellness | Mental Health  
Addiction | Support | Workplace | Family



## 3rd Annual Conference and Wellness Fair

Tuesday, Jan. 29, 2019

8:15 a.m. to 4:30 p.m.

Vermilion Regional Centre

5702 College Drive, Vermilion, AB

## What is mental illness?

Mental health reflects a state of emotional and spiritual well-being within every person. When we have positive mental health, we feel like we are in control of our lives, are able to cope with stress, and are a part of our community. We can still have hard times and feel angry, sad and anxious when in good mental health. However, having these feelings does not mean that you have a mental illness.

## How to improve your mental health:

Every person can take steps to improve their mental health and well-being. You can improve your individual mental health by:

1. Setting goals
2. Taking a positive approach
3. Connecting with others
4. Eating well
5. Being active
6. Managing stress

For more information on how to improve your mental health and well-being, join us at the **3rd Annual Work \* Stress \* Life "Striking a Balance" Conference.**

## Schedule

Registration	8:15 to 8:45 a.m.
Introduction	8:45 to 9 a.m.
Program	9 a.m. to 4:30 p.m.
Wellness Fair	8:30 a.m. to 4:30 p.m.

Learn about tools and techniques for dealing with mental wellness and gather resources.

Includes nutrition breaks and lunch.



## Kevin Hines

### Cracked Not Broken: The Kevin Hines Story

Kevin Hines is one of only 36 (less than one per cent) to survive the fall and he is the only Golden Gate Bridge jump survivor who is actively spreading the message of living mentally healthy around the globe.

Kevin's strong will to live and stay mentally well has inspired people worldwide. His compelling story has touched diverse, global audiences within colleges and universities, high schools, corporations, clergy, military, clinicians, health and medical communities, law enforcement organizations, and various industries. Thousands have communicated to Kevin that his story helped save their lives. He has reached millions with his story.

## Registration Form

Name \_\_\_\_\_

Company \_\_\_\_\_

Address \_\_\_\_\_

Telephone/Cell \_\_\_\_\_

Email \_\_\_\_\_

Registration Fee: \$45 (Deadline: Jan. 21, 2019)

Please check one:  Individual  Corporate

Payment Options:

Cash

(Bring payment to the Chamber Office)

Cheque

(Make payable to the Vermilion & District Chamber of Commerce)

Visa/MasterCard

# \_\_\_\_\_

Expiration \_\_\_\_\_

Invoice

(Provide information for billing)

Company \_\_\_\_\_

Contact Name \_\_\_\_\_

Address \_\_\_\_\_

Phone Number \_\_\_\_\_

### Mail to:

Vermilion & District Chamber of Commerce  
4606-52 Street, Vermilion, AB T9X 2B6

### Advance Tickets Only

Cancellations after Jan. 21, 2019 will not be eligible for a refund.