

The Pandemic's Guide to Sanity, Success and Significance

December 8, 2021 | 8:30 a.m. to 10:00 a.m.
Online ZOOM Event

Overview

It's hard to find anyone these days who isn't exhausted, discouraged, and in need of a shot of joy. With humor and insight, Phil Callaway will inspire you with five secrets that are guaranteed to help you de-stress, boost your mental health, find success in your workplace, and yes, even laugh again. Through practical, time-proven principles and stories of overcoming the challenges of burnout, his wife's epilepsy, and relational struggles, Phil will help you breathe deeply and leave you recharged and refreshed for the days ahead.

Let's face it; our effectiveness as Public Servants requires an investment in preventative maintenance, similar to how you might get your car serviced in advance of the winter season. When our mental engines are out of tune, we do not perform well. Further, ignoring the misfires will have undesirable side effects that will impact all areas of our lives. What is needed to remedy the problem, is an investment in preventative maintenance that your employer and your family will appreciate. As an added bonus, you will earn an hour and a half of verifiable PD credits.

Registration is now open.

As another added bonus, all attendees will have their name entered into several draws to receive copies of Phil's latest book titled, *Laugh Like a Kid Again*.

Note: Due to the tremendous success of our last event, *Getting Up to Speed When the Pressure is On*, we have expanded our capacity to ensure all registrants are able to access the event.

Speaker Biographies



Phil Callaway

Phil is the best-selling author of 27 books. He has brought his humorous, inspiring talks to 30 countries. Phil hosts the daily hit radio show Laugh Again, which airs on 400 stations in North America, and many more overseas. His humorous stories on family life have been featured in hundreds of magazines. Nursing his parents through Alzheimer's and dementia has given him a deep appreciation for caregivers.

Who should attend:

- Public sector employees from Finance, Policy or Program Delivery streams
- Aspiring leaders
- Friends and Family

Qualifies for: 1.5 CPD Hours (verifiable credits)

Fee: \$25