

# PERSONAL DEVELOPMENT

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## Personal Development #1

### **DOWNTOWN VANCOUVER GUIDED JOG**

Thursday, February 23, 7:00 – 7:45 a.m.

Enjoy the beautiful sights of downtown Vancouver with a 3 km jog. All activity levels welcome.

*Jog Leader: Captain Chris Bingley, Washington State University*

## Personal Development #2

### **MANAGING YOURSELF: FROM PROCRASTINATION TO ACTION**

Thursday, February 23, 7:30 – 8:30 a.m.

We all do it! This thoughtful session discusses why people procrastinate and gives participants opportunity to work through proven strategies to overcome procrastination.

*Speaker: Cathy Soper, Human Resources Professional*

## Personal Development #3

### **YOGA**

Friday, September 24, 7:30 – 8:30 a.m.

Start your last conferencing day by finding peace and tranquility through an hour-long yoga session. Relax your mind and body through meditation, breathing techniques and stretching. All levels welcome — especially first timers.

*Speaker: Sandra Osborne, Yoga Instructor, Vancouver*

## Personal Development #4

### **IT'LL DO YOUR BODY GOOD**

Friday, September 24, 11:00 – 11:45 a.m.

Are you interested in increasing your energy levels for more efficiency? Find out what to eat today so that you can enjoy a healthy body everyday.

*Speaker: Wanda Dekleva, Natural Health Educator*