

WORK / LIFE BALANCE

Every piece matters; how to stay whole.

a HFMA Colorado Women in Leadership

come and experience WIL

THURSDAY, NOVEMBER 16, 2017

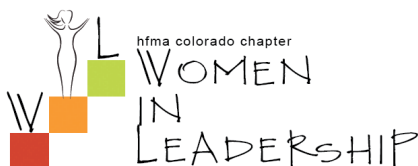


TIME: 2:30 - 7:00 PM

PLACE: Balistreri Vineyards
1946 East 66th Ave.
Denver, CO

\$75 Early Bird Pricing
available through
October 31 or until sold out!

Discounted Provider tables
available for \$550 (8 seats)



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AGENDA

- 2:30 - 3:00 PM: Networking Social
- 3:00 - 3:15 PM: Opening Remarks and Introductions
- 3:15 - 4:15 PM: Keynote Presentation
- 4:15 - 4:30 PM: Networking Break
- 4:30 - 5:00 PM: Breakout Session One
- 5:00 - 5:30 PM: Breakout Session Two
- 5:30 - 6:45 PM: Dinner Followed by Dessert and Discussion
- 6:45 - 7:00 PM: Give Aways!

HARNESS THE POWER OF MINDFULNESS FOR YOUR LIFE AND WORK

Our over-stimulated lives, both personal and professional, are getting in the way of achieving peak performance at work and simply enjoying more in our personal lives. Learn how mindfulness is transforming the way businesses operate and use the techniques yourself to boost strategy development, communication, and productivity in your job. Companies like Google, Twitter, and Goldman Sachs are using scientifically-proven methods of mindfulness to unleash their employees' focus, productivity, and communication skills. Through sharing the latest insights in the science of mindfulness and interactive exercises, Ginny Castleberry will introduce simple techniques for achieving "present moment awareness" and show you how to put them into action in your life.

BREAKOUT SESSION TOPICS

(attendees will select two)

- **Mindfulness at Home**
Connecting with your family is crucial to everyone's well-being. If its kids or chores, there is always something that needs to be done. We will discuss some things to keep in mind as you make the effort.

- **Mindfulness at Work**

Mindfulness may seem like a great idea, but how do you become more mindful in the context of a busy work day? In the middle of all that you need to get done, how can you apply the principles of mindfulness so that you feel more alive and present, as well as being productive?

- **It's OK to Say No - Setting Reasonable Expectations**

To stay productive and minimize stress we all need to say no. But how do you do that in a mindful way. What are ways to minimize guilt and create the space you need to be mindful, either at work or home?

- **Multi-tasking vs. Mindfulness - The Struggle is Real**

Research shows that people who multitask all the time can't sustain their attention, even when they shut off all their devices. Training yourself in mindfulness might be the answer. What are some ways to do that and help your family and coworkers do the same?

GINNY CASTLEBERRY'S BIO



Ginny has 20+ years' experience in business, working for a variety of companies, from Fortune 10 to less than 10 people. Her passion is public speaking, both up on the stage and helping individuals become better speakers. She has a BS in Finance and an MBA in Entrepreneurship. On a personal note, her husband and 7-year old whirling dervish of a daughter are big advocates of her mindfulness practice and the calm it usually brings to the house.

For three decades, Ginny has studied yoga, meditation, tai chi, Nia, and other mindfulness practices. She is fascinated and encouraged by the latest science which shows how mindfulness can help us not only in our personal lives, but in the workplace as well. Her mission is to share this exciting information with individuals and organizations to help them live and work better in our increasingly busy world. Ginny is an almost-native to Colorado, with 22 years here.

Attendees can join our break out sessions being led in part by Alice Brink.

Alice Brink's Bio



Alice is a Self-Empowerment Coach, speaker and trainer who is energized by collaboration and creative problem solving. She brings her experience as an entrepreneur, sales manager, leadership coach and corporate trainer, along with 25+ years' experience in real estate to the self-development group and one on one, interactive setting. Alice is inspired by helping people create a life and work they love through acquisition of practical tools for operating in personal and business arenas that result in higher level results. Having relocated back to Colorado 3 years ago, Alice loves the natural beauty and cultural richness of the Rocky Mountains and Denver. When she is not working with clients, she is writing, "arting," hiking, snow-shoeing, dancing, figuring out the big picture through her spiritual journey and exploring the unique "cities-within-the-city" in the area. Alice is mom to two exceptional adult children and one grand-dog.

REGISTRATION

Early Bird Rate of \$75 is available until October 31.

Regular rate of \$100 after that time.

ONLINE:

Register online by clicking on the link below.

[Click Here to Register Online](#)

BY MAIL:

Complete the attached registration form and forward along with check payment, payable to HFMA Colorado Chapter, to the address below.

HFMA Colorado
PO BOX 5571
Denver, CO 80217-5571

Please include registration form with payment.

Contact Jessica Griffith at admin@hfma-co.org with any additional questions.

Connect with us at #joinourjourney #WIL #cohfmawomen

REGISTRATION INFORMATION:

Attendee Name _____
Title _____
HFMA Member Y ___ N ___ Mbr # _____
Organization _____
Address _____
City, ST, Zip _____
Phone _____
E-mail _____

Special Dietary Needs:

Vegetarian _____ Gluten Free _____

Registration Fees:

	before 10/31/17	after 10/31/17
Individual Registration	\$75.00 _____	\$100.00 _____
Provider Table (8 Registrations)	\$550.00 _____	\$700.00 _____
Vendor Table (8 Registrations)	\$750.00 _____	\$800.00 _____

Event Selections:

Breakout Discussion Groups (select 2)

- Mindfulness at Home _____
- Mindfulness at Work _____
- It's OK to Say No - Setting Reasonable Expectations _____
- Multi-tasking vs. Mindfulness - The Struggle is Real _____

SPONSORSHIPS AVAILABLE

Please contact Cathy Wolff at cathy.wolff@bannerhealth.com for more information.