



BODA reLEAF consulting presents

# Fall Professional Development Series

with Julie Christiansen

All Sessions will take place at the  
Holiday Inn St. Catharines, 2 South Service Road (Lake  
St. & QEW)

## Time Management for Real People (Oct. 24, 2008 - 8:30 am – Noon)

Real people don't have time to do "time studies" or to record their every task throughout the day in regular intervals – they're too busy! In this workshop you will come to understand the value of your time and how to effectively use time both at work and at home. You will learn about the psychology of procrastination, become aware of the dangers of perfectionism, and come to see the relationship between stress and productivity. You will also learn about common Time Wasters and how to combat them, and will be given several strategies for effectively and efficiently managing your time.

**FEE of \$99 includes refreshments and workbook; PLUS receive a FREE copy of Julie Christiansen's E-Book, Crazy Busy.**

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## Overcoming Conflict and Negativity (Oct. 24, 2008 - 1 pm to 4:30 pm)

Do you avoid conflict rather than face it head-on? Does negativity, frustration, backstabbing, or resentment make your life miserable? Do you seem to rub people the wrong way, but aren't sure why? Are you intimidated by the word "conflict"? In this ½ day workshop, learn to manage your emotions, respond appropriately to negativity in others, conflict management strategies, enhance your communication skills, and gain tools for building positive relationships.

**FEE of \$99 includes refreshments and workbook; PLUS receive a FREE copy of Julie Christiansen's E-Book, Crazy Busy.**

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**Julie Christiansen** is the President and founder of BODA reLEAF consulting. An internationally recognized speaker, and published author, Julie Christiansen brings over 15 years experience in group and individual counseling, to your boardroom. Branded as "Oprah for the Office" by some of her clients, Julie educates and entertains audiences throughout Canada, and the United States, and the Caribbean. While she has been compared to the likes of Brian Tracy and Jack Canfield, Julie has an energetic, humourous, and insightful style that is all her own. Julie has successfully merged her previous counseling career with her passion for helping teams attain peak performance and productivity.

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**How to Register:** Send your cheque, money order or credit card information to BODA reLEAF consulting, 73 Royal Manor Drive, St. Catharines, ON. L2M 4L2 with this form, or fax to (905) 905-934-1284

Name: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_ E-Mail: \_\_\_\_\_

**Workshop(s) you would like to attend:**

Time Mgt. Only \_\_\_\_\_ \$99    Conflict Resolution Only \_\_\_\_\_ \$99    **Both** \_\_\_\_\_ **\$180**

**Form of payment enclosed:** \_\_\_\_\_ Cheque \_\_\_\_\_ M/O \_\_\_\_\_ **Credit Card Type:** \_\_\_\_\_

Credit Card Number: \_\_\_\_\_ Exp: \_\_\_\_\_

Name as it appears on the card: \_\_\_\_\_

Signature: \_\_\_\_\_

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