

# U of G Women, Work and Wellness

What are your challenges to living and working well?

Mark your calendar for the upcoming 2019/20 sessions

Thursday, January 23

4:30 pm – 6:00 pm / location tbc

Thursday, February 27

7:30 am - 9:00 am / Brass Taps

Thursday, March 26

11:30 am – 1:00 pm / UC 442

Wednesday, May 6

4:30 pm – 6:00 pm / location tbc



## Reflecting...into the future

Thursday, January 23 / 4:30 pm - 6:00 pm / University Club, 4<sup>th</sup> floor of the UC

By learning from the past you can plan your future in a way that you don't repeat the same patterns and feel more in control of your own life.

You are invited to download and print the [YearCompass](#) to bring to the session. This simple booklet uses questions and exercises rooted in psychology to take you through the past year, then helps you turn your dreams into achievable goals. You are welcome to participate in the exercises in whatever manner works for you whether it is before / during / after the session or not at all.

4:30 pm networking and a light dinner will be available.

4:45 pm presentation

5:00 pm reflection and sharing

Please register using this [RSVP link](#)