

CRA NATIONAL SEMINAR DAY FOR YOUNGER RELIGIOUS

ACHIEVING A HEALTHY WORK/LIFE BALANCE

EVENT DETAILS

Date: Saturday March 14, 2020

Time: 9.30am-3.30pm

Venue: Norths Leagues Club

Address: Cnr Abbott & Palmer Streets,
Camberay (SYDNEY)

Take a 202, 207, 230, 263 bus from North Sydney Station; walk from North Sydney Station: 30 mins or drive and park for free at the Club (car park entrance in Palmer Street)

Speaker: Di Adamson

REGISTRATION

Fee: \$150.00 per person

RSVP deadline: Tuesday January 28

Complete registration form, return to:

events@catholicreligious.org.au

Enquiries: Sharon Price rsm, CRA

Ph: 02 9557 2695/0429 070 561

E: events@catholicreligious.org.au

www.catholicreligious.org.au/event

ACHIEVING A HEALTHY WORK/LIFE BALANCE

Following suggestions from leaders and discussions with younger religious in 2019, the CRA Health and Well-Being Committee is offering a day for younger religious under 65 years.

Striking a healthy work-life balance is a challenge even in the best of times. Adding to the pressure, today's portable electronic devices have obliterated the line between work and home. Today we may feel pressured to be available around the clock.

Achieving a healthy work-life balance requires managing our professional and personal life in sustainable ways that keep our energy flowing, our minds and bodies healthy and our whole selves happy and content.

It means giving due attention to all the things that enrich and fulfill us, including our spiritual life, our ministry, health and fitness, community, family and relationships, hobbies and passions, intellectual stimulation, rest and recreation.

We will spend our day with Di Adamson of Adamson & Associates



Dianne Adamson completed her nursing training at the Royal Adelaide Hospital and gained extensive experience before being appointed Director of Nursing in 1987 at Longueville Private Hospital. In 1990, she became CEO and under her direction the hospital set new Australian benchmarks.

Dianne has studied extensively in communication, leadership, counselling and coaching including a Master Practitioner course in Neurolinguistic Programming and Acceptance and Commitment Therapy. She belongs to many industry associations and is an Associate Fellow at the Institute of Management. Having presented nationally and internationally, she shares real life experiences and practical strategies that can be applied immediately. Di informs, challenges and entertains the spirit of those who listen to her and has presented very successfully for CRA and individual congregations around Australia.

14 MARCH, 2020 SYDNEY
REGISTRATION FORM

EVENT INFORMATION

Date: Saturday 14 March, 2020
Time: 9.30am to 3.30pm [tea/coffee 9am-9.30am]
Venue: Norths Leagues Club, Cnr Abbott & Palmer
Streets, Cammeray NSW
Format: Seminar with interactive table discussion
Fee: \$150 per participant, including lunch

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- Event confirmation will be emailed once payment has been received and venue details will be advised.
- See website for cancellation and substitution policy.
- For more than 1 member, please photocopy form.



REGISTRATION

PERSONAL DETAILS

Congregation:

Phone/Mobile:

Title + Full Name: Email:

Dietary Requirements:

IT IS ESSENTIAL TO RETURN THIS REGISTRATION FORM TO CRA so that we know to look for your BPoint payment.

PAYMENT OPTIONS

CREDIT CARD

Please go to **BPoint** for online credit card payment and type **March 14** into the event box: <https://www.bpoint.com.au/pay/CRA> You can print a receipt from BPoint.

REGISTRATIONS CLOSE: TUESDAY 28 JANUARY 2020

RETURN FORM BY: TUESDAY 28 JANUARY 2020
by email: events@catholicreligious.org.au
by post: CRA, PO Box 1518, North Sydney NSW 2060

CHEQUE

Payable to Catholic Religious Australia. Please attach cheque to the completed registration form and return by mail.

CANCELLATION

Numbers are notified 7 working days before the seminar; refunds are available until 8 working days before the seminar.