



THROUGH THE LOOKING GLASS: REFLECTIONS ON LEADERSHIP

**LOCAL GOVERNMENT LEADERSHIP ACADEMY 2014 LEADERSHIP FORUM
FEBRUARY 5-7, 2014, RICHMOND, BC**

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Program Highlight #3

Reflecting on the Personal

Joyanne Landers

Carol Ann Fried

Mayor Christina Bentley

Best of Both Worlds: Achieving Work-Life Balance, Joyanne Landers (Thurs, Feb 6, 8:30-10:00 am; repeat 10:30-noon): If you missed Joyanne Landers at the 2013 Leadership Forum, this is your chance to attend another, longer session by last year's highest-rated speaker. On Thursday morning, Joyanne will help you identify the ways and means to achieve balance and harmony at work and at home and will show you how to develop strategies for professional and personal fulfillment. Bring some balance to your forum experience and dedicate a little time to yourself.

Finding Your Joy Spot: The Art and Science of Happiness at Work, Carol Ann Fried (Thurs, Feb 6, 1:00-2:30pm; repeat 3:00-4:30pm): Carol Ann Fried presented this session to the Government Finance Officers of Alberta in May 2013 to rave reviews. Her presentations are invariably hailed as practical, dynamic and fun, and this will be no exception. Don't miss your chance to hear this renowned leadership trainer, facilitator and motivational speaker show you how to reap the benefits of a more positive mind-set to achieve the extraordinary at work and in life.

Wellness Session, Mayor Christina Bentley (Fri, Feb 7, 9:45-10:45 am): In her former life, Mayor Christina Bentley of Golden was a successful Wellness Trainer and Coach. Having subsequently walked in the Mayor's shoes, she now brings her experience as an elected official to her take on nutrition, fitness, rest and self-care for politicians. Join Mayor Bentley for a health and wellness session delivered from a very unique perspective.

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For all you need to know about the 2014 LGLA Leadership Forum, visit

<http://lgl.ca/events/2014-leadership-forum/>