



Join us Saturday, January 30  
9 a.m. – 12:30 p.m.

*(registration open at 8:45 a.m.)*

## Beyond Balance: *Lasting, Meaningful Work and Life*

Do you feel pulled in too many directions at once? Are you ready for better work and life balance in 2010? Want effective tools to be more productive and joyful at work?

Combining professional knowledge and biblical principles, our dynamic guest speakers will provide tools to transform anxiety into action, procrastination into productivity, and stress into stability.

### Featuring:

**John M. Wheeler**, Executive Consultant to CEO's and business owners/San Diego Convene Chair – John's extensive experience includes organizational and key leader development.

**Caye Barton Smith**, Vice President for Student Development, PLNU – Caye has led wellness initiatives in both business and higher education. Her perspective is informed by the personal experience of balancing marriage, four children, and a professional career.

**Joon S. Han**, Founder, Better San Diego – Joon has been challenging and inspiring groups for over 20 years, seeing leaders grow from very busy to very effective.

**Location:** University of San Diego (Joan Kroc Center)  
5998 Alcalá Park, San Diego, 92110  
*(use West entrance, first parking garage  
at top of hill -IPJ garage)*

**Cost:** \$15 (cash or check – pay at the door)  
Includes continental breakfast  
*scholarships available*

Space is limited - sign up now. For more information and to R.S.V.P., visit [www.faithandworkministry.org](http://www.faithandworkministry.org).

**Childcare:** Provided if reserved by January 22.