

Wednesday, June 19th – 7:30 to 8:45 p.m. (Eastern)

## “Working with Spirit” Teleconference



# Success, Failure and Caring for our own Mental Health

A Conversation with...

**Jackie Riley, M.Ed., CMEC**  
Wellness Consultant, Health Coach and  
Principal, Riley Wellness Consulting

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**Need to make ends meet, while waiting for your own work/vision to succeed?  
Could you reconcile your white collar aspirations –  
with an “orange apron” reality?**

**Jackie Riley** has been dedicated to organizational wellness for almost 20 years. For 13 of those, she was the workplace wellness consultant to one of Canada’s “top 100 companies to work for” in downtown Toronto.

A desire to change lifestyles, and the need to attend to her own mental health, led Jackie to leave corporate life and start her own business - from a new home office in Huntsville, Ontario. However, start-ups take time to generate revenue, and sometimes we need to work in places we don’t naturally see ourselves. So Jackie worked in an “orange apron” (at Home Depot) for a few months to pay the bills and connect with people again.

In this call, we’ll talk candidly with Jackie about her work, transition and personal health issues. We’ll discuss the “highs and lows” of our careers, how we judge (or shame) ourselves, and ways to move beyond this. We’ll also explore how we define success; the role that humility plays; and how ‘working with spirit’ helps us align our values, patience and courage.

**Join us as we look at some of the ‘harder sides’ of work**, such as:

- how it feels to work for ‘less than we’re worth,’ and what that means
- how to reconcile “where you’re at” with “where you want to be”
- how spirit can help us overcome feelings of failure
- “the case of the invisible woman” – or how NOT to stop networking when your job doesn’t align with your vision/experience
- talking openly about spirituality (and not just to your best friends or therapist), and
- what it’s like to work without spirit and authenticity... and how to find these again.

Jackie is also open to talking about bi-polar spectrum symptoms, the role they played in her work transition, and the importance of her time at Home Depot.

*Home Depot would have me when no one else would. When asked by the store manager why I wanted to work there, I said it was because of values alignment – “You can do it, we can help” isn’t just your commitment, it’s mine too. ...There is dignity, joy and value in all work when you are aligned with it. – Jackie Riley*

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**Date:** **Wed. June 19th - 7:30 – 8:45 pm** (Eastern time)  
(8:30 pm Atlantic, 6:30 Central, 5:30 Mountain, 4:30 pm Pacific)

**Cost:** **By donation** ([click here to Donate and Connect](#))

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### About Jackie Riley:

Jackie Riley, M.Ed., CMEC, is an organizational wellness consultant and professional coach focusing on the critical role mental health plays in the workplace and its impact on the life/work experience.

Since 1999, Jackie has affected healthy change through her role as a corporate wellness consultant. During her 13 years as a human resource advisor, Jackie partnered to implement workplace wellness strategies that improved employee engagement, informed healthy human resource practice, and supported a healthy workplace culture.

Ms. Riley holds a Master’s degree in Adult Education specializing in organizational wellness, and is a former professor with Centennial College’s Workplace Wellness and Health Promotion program in Scarborough, ON.

Jackie is vocal and passionate about working with spirit and the role Mental Health awareness must play in healthy organizations. She has also written a signature workplace mental health program called “Making Headway” to start this critical dialogue.

Jackie is a mental health advocate and consumer, and currently sits on the board of directors for The Meeting Place Centre for Growth and Healing – a charity supporting mental health in Muskoka, Ontario. To read more about her work, please go to [www.rileywellness.com](http://www.rileywellness.com).

**For more information: call 416-233-8665**

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