

Saturday, Jan. 18th – 10:00 a.m. to 1:00 p.m.

The Centre for Spirituality at Work
invites you to our next



Spirit at Work Breakfast:

**What do you want in *your* work this year?
+ How can we re-create the Centre?**

Meet: Get to know others who are bringing “spirit” into what they do
Munch: Muffins & coffee/ tea/juice
Explore: What are you wanting to have/do/be in work + how can the Centre support you?

Your Work: What do you struggle with... or yearn for?

- to grow your business or income
- bring more “spirit” into your work
- find more meaning, purpose or fulfill deeper values
- have better relationships and less conflict
- make more of a difference
- reduce the stress/busyness or find more peace of mind

The Centre: We’re here to support your deepest work aspirations, while creating more conscious & spiritually-enriched work/places and a healthier world. And after 13 years, we are recreating ourselves...

Where are we both going?

How can we help you grow your work, and have a more fulfilling year?
What kinds of support, workshops, services or events would YOU find helpful?
Want opportunities to volunteer, organize, host, give workshops or promote your work?
Find out more about our new services & direction - and help create them!

Date: Saturday, January 18th -- 10:00 a.m. to 1:00 p.m.
Cost: \$7.00 (muffins + coffee/tea/juice provided)
Location: St. Andrews United Church, 117 Bloor St. East, Toronto

By transit: Subway to Yonge & Bloor and walk East / **By Car:** [Free Parking off Hayden St. – see here](#)
(Note: Building is set back from Bloor St. about 100 feet, just west of the Shaw Tower. Use lower entrance.)

Please RSVP: info@spiritualityatwork.org or call 416-233-8665

Before you attend, please reflect on a few questions:

**What are you most yearning for in your own work...
and in your spiritual, professional & personal growth?**

**What would you like to do at work that would support your own growth the most?
How might that contribute to the work/growth of others and the Centre as a whole?
What are you longing to learn, or talk more about?**

What could the Centre do that would most help you to fulfill these?