

On Wed. June 5th, join us for
A Conversation Evening...



Spirit at Work:

What does it mean – and How do we Do it?

facilitated by **Eric Hellman**, Director, Centre for Spirituality at Work

How do we bring “spirit” into any kind of work or activity?

Some call it a “nice idea,” but impossible to attain. Yet for many of us, it is a real & growing desire: To bring our “whole selves” into work. A yearning to talk about (and work at) what really matters to us. To listen to and follow Spirit, as best we understand it. And to find ways of experiencing more love, joy, meaning and purpose in whatever kind of “work” we do.

So what is it and how do we do it? This is an evening to meet and explore just that:

- what spirit/spirituality means to you (and others)
- how we “listen to spirit” – and what blocks us
- the value of bringing it into our work, volunteering, community
- practical ways to do that, and talk with others about it.

Come and share your ideas. And speak from the heart about your own experiences and challenges.

Date: **Wednesday, June 5th -- 7:00-9:15 p.m.**
(visiting/networking begins at 6:40 p.m.)

Cost: **By donation**

Location: St. Andrews United Church, 117 Bloor St. East, Toronto

RSVP: info@spiritualityatwork.org – or just come out

By transit: Subway to Yonge and Bloor and walk East / **By Car:** [Free Parking off Hayden St. – see here](#)

About Our Facilitator:

Eric Hellman has been bringing new ways of living/working “into the mainstream” for almost 40 years. From topics as diverse as environmental awareness to “making a difference,” leadership to international peace events, computers to home-based business, addictions & healthy habits to spirituality, he specializes in communicating new ideas in ways that are easy to understand.

Eric is the Director of the Centre for Spirituality at Work and has been applying ‘spirit at work’ for over 30 years. A coach, consultant and writer, his past work includes co-founder of the first “blue box” recycling program, consulting writer of the bestselling book *Leadership from Within*, co-organizer of two UN-related events, and author of *Coming Out of the Spiritual Closet*, about his 20-year struggle with talking about spirit.

To RSVP: [Email](#) - call 416-233-8665 - or Just Come Out

Look forward to seeing you there!

Centre for Spirituality at Work

Programs, coaching and community to support your spirit at work...

Tel: 416-233-8665 www.spiritualityatwork.org Email: info@spiritualityatwork.org
