

Wed. November 13th (7:00 to 9:15 p.m.)



# Do What You Love and Love What You Do

**With Isabelle St-Jean**, Work, Life Transitions and Retirement Coach, Professional Speaker, Facilitator & Author of *Living Forward, Giving Back: A Practical Guide to Fulfillment in Midlife and Beyond* and Initiator & Co-author of *Einstein's Business: Engaging Soul, Imagination and Excellence in the Workplace*

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**Doing what we love is important for inner richness and fulfillment. But what if the money doesn't come, we don't know what we love, or we need to pay the bills?**

Isabelle St-Jean has experience with both. A passionate speaker, seminar leader & author, she is also a parent of two teenagers (18 and 21), so she knows the importance of paying the bills and the rent. Therefore, as she grows the work she loves, she supplements her income with part-time work that's in line with her values, and helps to bridge the peaks & valleys that come with being primarily self-employed.

Join us to hear Isabelle talk about **creating inspiring work, engaging soul & excellence, turning adversity into opportunity, giving back, finding meaning/purpose in midlife & retirement – AND** how to love what we do, to make it all work.

**Date:** **Wednesday, Nov. 13th** - 7:00-9:15 p.m. (Visiting after 6:40)

**Cost:** **By donation** (suggested: \$10.00+)

**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 the street about 100 feet, just west of the Shaw Tower. Use lower entrance.)

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## About Our Guest:

Known as an eloquent communicator, **Isabelle St-Jean** speaks & writes to inform, inspire, generate transformative insights and touch the human heart. Owner of Inspired Momentum and based in Vancouver, Isabelle leads seminars across the country on bringing more inspiration & wisdom into work, and the comprehensive success factors for major work/life transition and retirement. She also has many professional certifications, including Solution-Focused and Retirement Coaching.

Isabelle strives to live with a mindset of flow and ease, while integrating her personal and professional lives. She enjoys life-long learning, reading that inspires, meeting like-minded people & volunteering. Often drawn to nature to renew her spirits, she loves to cycle miles along the Vancouver waterfront. And when her creativity surges, Isabelle paints with vibrant pastels, makes gemstone jewelry and writes inspired poems. To see her beautiful Website (or purchase one of her ebooks), go to: [inspiredmomentum.com](http://inspiredmomentum.com).

**More information:** 416-233-8665 -or- [info@spiritualityatwork.org](mailto:info@spiritualityatwork.org)

**Look forward to seeing you there!**

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