

Wed. September 18th (7:00 to 9:15 p.m.)

A Conversation Evening...



Living a Spirit-Led Life: How do you live your faith/spirituality at work?

There is a power in telling stories: Speaking openly about our experiences. Remembering/reflecting on the highs & lows, accomplishments & challenges, what worked & what didn't. And listening deeply to others.

That's what this evening is about: Sharing stories about **living our faith/spiritual values** in the different kinds of work we do. For example, how have you done that, what did it look like and what happened? Or, do you find it difficult to connect spirit/faith and work - and if so, why?

Join us to share your stories and talk with others. Have you ever prayed about work or "listened to spirit"? Did it change how you acted? Have you ever felt led or guided, or accomplished more than you could 'on your own'? Do you feel disconnected from spirit in your work, or had experiences you'd call spiritual? And how has living your faith affected your relationships with others?

Date: **Wednesday, Sept. 18th -- 7:00-9:15 p.m.**
(visiting/meeting others begins at 6:40 p.m.)

Cost: **By donation**

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.)

About Your Facilitator:

A coach, consultant and Director of the Centre for Spirituality at Work, **Eric Hellman** has been applying spiritual values & practices at work for over 30 years. His past work includes co-founder of the first "blue box" recycling program, consulting writer of the bestselling book *Leadership from Within*, organizer of two UN-related events, co-manager of a small office services company, and author of *Coming Out of the Spiritual Closet* – about his own challenges with talking about spirituality in public.

More information: **416-233-8665** -or- info@spiritualityatwork.org

Look forward to seeing you there!

Centre for Spirituality at Work

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