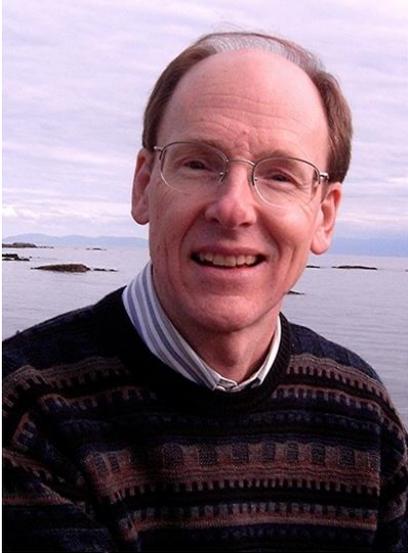


Tuesday, May 21st – 8:00 to 9:15 p.m. (Eastern)

## “Working with Spirit” Teleconference



# New Ways of Creating Change

...and a New Vision  
for the Centre

**A Conversation with**

**Eric Hellman**, Coach, Consultant and Writer,  
and Director, Centre for Spirituality at Work

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### Why is ‘making change’ in the world (and our work/lives) so hard?

Many people long to see positive change in the world - environmentally, socially or politically - but are losing hope or concluding it can't be done. Others say it will take a major 'consciousness shift' to avoid the problems that lie ahead.

At the same time, we're also faced with making change personally: from growing our work to improving relationships, dealing with unhealthy habits/addictions to being more authentic & true to ourselves. These can be hard too...

Tonight we'll explore what role spirit or consciousness change can play in making such change. Eric will talk about his experiences & insights from four decades in this field, and we invite callers to share their own. Our chat will include:

- the spiritual experiences that led Eric into this work
- his deep resistance to spirituality/religion - and to changing 'worldviews'
- how listening (or not listening) to his inner wisdom dramatically shaped his results
- the "split within us" and how it can block what we really want
- shifting our focus from behaviour change to 'consciousness change' (and why)
- how do we bring 'spirit' or a new consciousness into whatever we do?
- the challenge of talking about this subject with others
- sharing insights into how we can be more effective in creating change.

We will also talk with Eric about his challenges 'taking on' the Centre for Spirituality at Work, and where he sees it going in the coming year – such as developing a community of practice, and encouraging people to share 'what's really going on.' And we welcome your stories, questions and reflections on how these issues have affected you.

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**Date:** **Tuesday, May 21st - 8:00 - 9:15 pm** (Eastern time)  
(9:00 pm Atlantic, 7:00 Central, 6:00 Mountain, 5:00 Pacific)

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

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### About Eric Hellman:

For the past 40 years, Eric has had a passion for making change: as an environmental consultant and public educator, and a husband in a painful young marriage; as a self-employed business person, a ghostwriter, and an organizer of international events. Originally, he thought 'the answer' was about changing other people's behaviour – i.e. those who were 'causing' the problems. But what his spiritual work taught him was that our problems are deeper than this. And it really does take a 'consciousness shift' to make significant change. **But**, that we are an intimate part of creating that...

Eric Hellman is a coach, consultant and writer, and the Director of the Centre for Spirituality at Work. His past work includes co-founding the first Blue Box recycling program, consulting writer of the bestselling book *Leadership from Within*, organizer of an international peace event (that 'stopped' a world's fair for eight minutes) and co-organizer of the first UN Habitat Roundtable on Spirituality and Sustainability. He is also the author of a mini-book called *Coming out of the Spiritual Closet*, about his own 30-year challenge with talking about spirituality in life and work.

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

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## Centre for Spirituality at Work

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

Tel: 416-233-8665 [www.spiritualityatwork.org](http://www.spiritualityatwork.org) Email: [info@spiritualityatwork.org](mailto:info@spiritualityatwork.org)

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