



**Canadian Mental  
Health Association**  
*Mental health for all*

## IN SUPPORT OF...

The Canadian Mental Health Association (CMHA), founded in 1918, is one of the oldest voluntary organizations in Canada. Each year, we provide direct service to more than 100,000 Canadians through the combined efforts of more than 10,000 volunteers and staff across Canada in over 120 communities.

As a nation-wide, voluntary organization, the Canadian Mental Health Association promotes the mental health of all and supports the resilience and recovery of people experiencing mental illness.

The CMHA accomplishes this mission through advocacy, education, research and service.

CMHA branches across Canada provide a wide range of innovative services and supports to people who are experiencing mental illness and their families. These services are tailored to the needs and resources of the communities where they are based. One of the core goals of these services is to help people with mental illness develop the personal tools to lead meaningful and productive lives.

Learn more at [www.CMHA.ca](http://www.CMHA.ca)



## WELCOME

Today, we will be transporting you to a faraway beach, far from the city, far from school, where you can sit back, relax and immerse yourself in the art of peace, relaxation and BALANCE. Enjoy today's speaker, Grace Johnson, on how to manage the sometimes stress world of public relations, followed by a desk-friendly yoga class, and tasty brain-friendly treats.

## A SPECIAL THANKS TO:

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## LEARN THE ART OF

# Balance



Wednesday, March 25, 2015  
1:30 p.m. to 3 p.m.  
Kaleidoscope Room – S1209  
[Seneca@York](mailto:Seneca@York)

## TWEET US

[@BalanceSeminar](https://twitter.com/BalanceSeminar)

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# HOW TO ACHIEVE BALANCE

Our event, *Balance*, aims to educate future public relations practitioners on the importance of attaining a healthy work-life balance. This event will share tips that promote a harmonious transition between office, home, and everywhere in between. Our goal is to equip the next generation of PR practitioners with tools that will enable these seamless transitions.

Today's event will be an opportunity for all those in attendance to relax, let go of life's worries, and enjoy the next hour and a half stress-free. You will be able to put the lessons learned in today's seminar to good use as you enter the workforce in one month. On behalf of Viviana, Carina, Carly, Martina, Lauren M. and Fejiro, we wish you an afternoon of peace and relaxation.

## Did you know...

- Reputable career site Careercasts.com places PR executive in the top 10 of the most stressful job in America in 2014.
- PR professionals deal with stress on three levels: level one includes making personal decisions, prioritizing work, and dealing with difficult people; level two involves the stress of writing, publishing and meeting deadlines; and level three involves the stress that comes with managing reputations (Roach).
- PR legend Dan Edelman recommends that PR professionals must **eat well** and **exercise daily**.

## MEET OUR SPEAKERS:



**Daniella Vidal** holds a Bachelor of Arts in Communication Studies from Wilfrid Laurier University, and currently works at Marketing and Communications Coordinator at Intech Risk Management. Daniella is passionate about the field of communications and all that it has to offer. She is thrilled to have the opportunity to guide aspiring practitioners about life in communications and public relations.



**Grace Johnson** is the enthusiastic Business Coordinator at Ten Thousand Coffees, known for my engaging personality, friendly attitude and unwavering curiosity. Grace holds a Bachelor of Arts in Politics with a minor in Drama, as well as a post-graduate certificate in Public Relations from Humber. Grace is passionate about the field of communications and her work at Ten Thousand Coffees where she is dedicated about fostering a positive company culture.