

# EXCELLENCE: MIND AND BODY

## HR Action Series to Increase Energy and Effectiveness



Wellness and engagement are a function of self-leadership. When we are healthy and feel good about ourselves, we are naturally more effective at work and in life. Successful HR professionals understand the importance of investing in themselves and staying on the leading edge of HR trends. Join us in this fun and inspiring team action series as we create a new paradigm for workplace excellence and make wellness work.

### Leading-Edge Content

- Three workshops and weekly teleconference calls feature hot wellbeing topics, plus coaching, cajoling, encouragement and egging on to help you have a breakthrough in energy and effectiveness.

### Team Action Series

- 12-week Team Action Series establishes accountability for daily habits and healthy choices - mind and body.

### Serious Support and Playful Peer Pressure

- Social media forum and weekly tip highlight successes and offer support, tools and resources to keep you tapped in and gung-ho.

### Reward and Recognition

- Team engagement and celebration event recognizes and rewards your successes and results.

### Accountability

- Pre and post Energy and Effectiveness assessment tracks your health, productivity and engagement markers.

Join us in this breakthrough HR series and receive a 15% savings on an onsite *Excellence Mind and Body* program.

#### Dates:

January 12, 2011 - April 13, 2011

#### Location:

United Way of San Diego County  
4699 Murphy Canyon Road, 92123

#### Registration:

Register by Dec 15, 2010: \$225  
Register after Dec 15, 2010: \$250

#### Contact:

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HR Action Series To Increase Energy & Effectiveness At Work

## Registration:

Registration by December 15, 2010: \$225.00 Registration after December 15, 2010: \$250.00

## Workshop Dates: (All sessions 8.30am – 10:00am)

Wednesday, January 12, 2011

Wednesday, February 9, 2011

Wednesday, March 9, 2011

Wednesday, April 13, 2011 (Final celebration and team challenge)

## Participant Information:

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

## Payment:

Check enclosed in amount of \$ \_\_\_\_\_

Credit Card Payment:

First name: \_\_\_\_\_

Last name: \_\_\_\_\_

Type of card: \_\_\_\_\_

Card Security Code (CCV): \_\_\_\_\_

Card number: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

Billing address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Tel number: \_\_\_\_\_

## Mail to:

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