



International Public Management Association for Human Resources, San Diego Chapter
P.O. Box 231036
San Diego, California, 92193
SDIPMArsvp@gmail.com
www.sdiipma.org



San Diego IPMA-HR is an affiliate of the International Public Management Association

THIS MONTH'S MEETING:

Thursday, August 17, 2017

Check-in 11:15 a.m.

Lunch 11:30 a.m.

Speaker 12:00 p.m. to 1:00 p.m.

The Butcher Shop

5255 Kearny Villa Rd.
San Diego, CA 92123

just a friendly reminder...

PLEASE RSVP by Monday, August 14, 2017

by 12:00 p.m.

<https://www.surveymonkey.com/r/2017August17>

Plated Menu Entrée Choices

***one to be selected at time of RSVP**

To change or cancel your RSVP,
please send an e-mail to:

sdiipmarsvp@gmail.com by the RSVP deadline

Cost with RSVP: \$25.00 (Members)
\$40.00 (Non-Members)

Cost for walk-ins: \$30.00 (Members)
\$45.00 (Non-Members)

****Please have payment ready at check-in
(if check, make out to SDIPMA)**

**No-show reservations and cancellations
after RSVP deadline will be billed**

This meeting qualifies for one point
towards recertification in the
IPMA-CP credential

Maximizing Well-Being at Work

Presented by Erin Passons, Founder & President

Contrary to what many people believe, well-being isn't just about being happy; there is a growing body of research identifying five key elements that help us to THRIVE, at work and at home. This presentation will explore the fascinating research behind these five well-being elements: Career (our professional or life purpose), Social (the quality of our relationships) Financial, Physical, and Community. Most importantly, we'll help you understand how these five elements *interact*, and identify some specific steps you can take to maximize these elements in all aspects of your life.

Our speaker, Erin Passons, Inspiring Leaders

As a management consultant Erin has spent her career helping business leaders, managers, and employees improve their performance and effectiveness through professional development workshops and coaching. Prior to launching her own consulting practice, Erin worked as a Management Consultant for Gallup, the research and consulting firm known for creating the StrengthsFinder assessment and for their work with global public opinion and workplace polling. During her tenure at Gallup, Erin worked with Fortune 500 companies such as Microsoft, Best Buy, Hewlett Packard, Toyota, and Disney to provide training and coaching in the areas of management effectiveness, leadership development, performance management, employee engagement, and talent-based hiring.

Plated Menu Entrée Choices

***All meals will include:** Mixed Greens Salad with balsamic vinaigrette dressing, Fresh Vegetables (already included in the pasta entree), Dinner Rolls and Butter, Coffee or Tea, and Dessert (Chocolate Torte)

- Tri Tip Steak with Bordelaise Sauce and Yukon Gold Garlic Mashed Potatoes
- Chicken Scaloppini (olive oil, butter, mushrooms, capers, white wine lemon sauce) and New Potatoes
- Pasta Primavera (fettuccine, baby zucchini, wild mushrooms, asparagus, bell peppers, baby squash, tomatoes, fresh basil, garlic, crushed red peppers and parmesan cheese tossed in a white wine sauce)