



## VANCOUVER ASSOCIATION OF LAW LIBRARIES

### February Brown Bag

Please join VALL for our February Brown Bag, “Keeping Your Cool in the Workplace” with guest speaker Dorothea Hendriks.

Most of us face some kind of daily stress in our work place: dealing with upset clients or co-workers, looming deadlines and work overload. How skilled we are managing at our emotions, maintaining our composure and keeping our cool links directly to how effective we will be in our work and in our relationships. Research shows that the peak performers in any field are those people who can handle their emotions in times of stress. In this workshop we look at the skills we need to develop in order to control our emotions instead of having them control us.

For over twenty years Dorothea Hendriks has been working with professionals, business owners and entrepreneurs, helping them become better speakers and more effective presenters. In her coaching and training sessions, she provides them with the support they need to increase their confidence and the tools they need to express their ideas clearly and interestingly.

Be sure to bring your lunches, additional snacks and beverages will be provided!

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**Date:** Tuesday February 26<sup>th</sup>, 2019

**Place:** Farris, Vaughan, Wills & Murphy LLP. 25th Floor - 700 W Georgia Street, Vancouver

**Cost:** \$25 VALL members. \$30 non-members. *Additional \$2 fee for paying online only.*

**Times:** Registration @ 11:45am. Seminar to conclude by 1:30pm.

**Registration:** Register by mail or online. *Instructions below.*

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#### Online Registration Instructions:

1. Go to the [Blog](#) and click the PayPal button embedded in the post. There is a \$2 fee for paying online.
2. After completing your payment, email Julie Wettstein at [jwettstein@farris.com](mailto:jwettstein@farris.com), with the following:
  - Name of attendee
  - Employer organization name (for your name tag)
  - Email address used for PayPal
  - Dietary restrictions

#### Mail-in Registration Instructions:

1. Print and complete the attached registration form
2. Include a completed cheque made out to “Vancouver Association of Law Libraries”
3. E-mail a copy of your completed registration form to Julie Wettstein at [jwettstein@farris.com](mailto:jwettstein@farris.com).

Please complete and submit your registration form and payment by **February 22<sup>nd</sup> 2019**.  
Registration is not permitted at the door.

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#### CANCELLATION POLICY

VALL will refund the registration cost if notified at least **one week** prior to the event. After that time no refund will be issued, but the registration can be upon request assigned to another member. Note that dietary restrictions cannot be accommodated.

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#### MAIL-IN REGISTRATION FORM

Please complete this form and submit your cheque by February 22<sup>nd</sup> 2019.  
Cheques are payable to "Vancouver Association of Law Libraries".

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Name of attendee: \_\_\_\_\_

Organization: \_\_\_\_\_

Company name (as printed on cheque): \_\_\_\_\_

Email address: \_\_\_\_\_

Receipt Required? Yes \_\_\_\_ No \_\_\_\_

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**In addition to mailing your completed form and cheque, please email a copy of your completed form to Julie Wettstein at [jwettstein@farris.com](mailto:jwettstein@farris.com):**

Julie Wettstein, VALL Seminar Registrations  
c/o Farris LLP  
25<sup>th</sup> Floor - 700 W Georgia Street  
Vancouver, BC  
V7Y 1B3