

## Interactive Discussion: How to create a high-performing workplace?

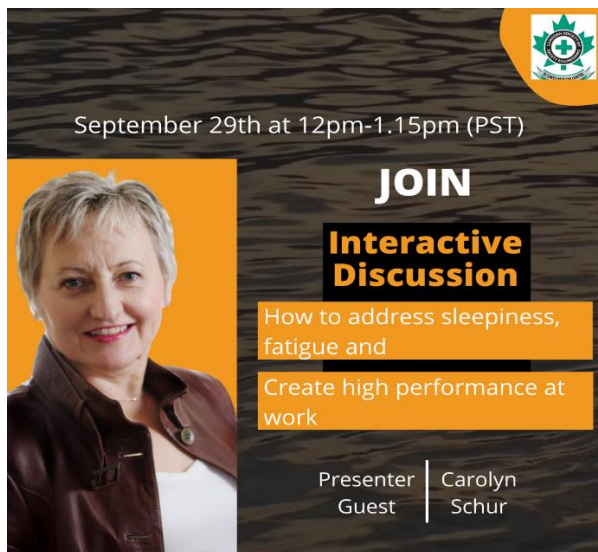
Dear members,

Our recent survey has enabled us to get a more accurate picture of how you feel about an in-person meeting in September. Although many of you are ready and comfortable to meet in person, at the same time, not everyone currently is.

The comments you have provided tell us that a virtual event would still be the best option for now. Therefore, Lower Mainland Chapter will be meeting virtually for September and re-evaluating the situation for October.

And we have something interesting to offer this month.

Take part in our first Interactive Discussion with Carolyn Schur, shiftwork, sleep and fatigue specialist. Unlike other speakers on this topic, she distinguishes sleepiness and fatigue and explains why it's critical to do so and how it helps create a high-performing workplace.



Join us Wednesday **the 29th of September at 12.00 - 1:15 pm (PST)**

- to meet like-minded people without leaving your home or office;
- to form new relationships and strengthen existing ones;
- to hear new ideas, approaches and share your own.

We will connect in the various breakout rooms to network, catch up and discuss the topic.

Check [alertatwork.com](http://alertatwork.com) to learn more about Carolyn.

As well you can download her free ebook - 5 Essential Management Strategies for High Performing Shiftwork Workplaces here: <https://lnkd.in/g9VZQYC>

### Join Zoom Meeting

<https://bcit.zoom.us/j/67315000571?pwd=eHBWTHFNcHRuZTE1MFE4eE5Cak5wUT09>

We will see you there,  
CSSE BC LMC Team