

How to mindfully cope with the tough stuff

An evening forum by the Environment Institute of Australia and New Zealand - South East Queensland Division



Register early to secure your place

EVENT DATE: Thursday 12 July 2018

TIME: 5.30pm to 7.30pm
(Registration from 5.15pm and
Networking drinks from 6.45pm – 7.30pm)

VENUE: HopgoodGanim, Level 7, 1 Eagle St, Brisbane

Register: Online at www.eianz.org – click on Events, SEQ

Cost: Members \$35, Non Members \$45, Students \$25



With our professional and personal lives growing more busy each year, it's timely to reset and rediscover the keys to surviving and thriving in the challenging situations that are part of life. This is an essential session for all EIANZ members and friends to discover how to build resilience and to introduce mindfulness as a tool to become more productive and to cope better with stress.

We are delighted to announce that the session is being presented by **Petris Lapis**, a professional presenter and facilitator with a diverse professional career. Petris will guide us through the topic with humour and leave us empowered to make easy practical changes to improve our working and personal lives.

This is a session you cannot afford to miss. Accordingly, the price to attend this seminar has been discounted to \$35 for members and \$45 for non-members.

Register online at www.eianz.org – click on events, South East Queensland or call 03 8593 4140

Petris Lapis B Com LLB LLM FIPA FFA

Director (Petris Lapis Pty Ltd), Master Results Coach, Master Performance Consultant, Master NLP Practitioner, Master Ericsonian Hypnosis, Mindfulness Practitioner

Petris holds Commerce and Law degrees from the University of Queensland and a Master of Laws from the Queensland University of Technology. Petris is also trained as a Master Results Coach, Master Performance Consultant and a Master of Ericsonian Hypnosis. In 2015 she was made an honorary Fellow of The Institute Of Public Accountants for service to the profession.

She has worked in the taxation division of one of the world's largest accounting firms, in banking, been a University law lecturer (specialising in advanced legal subjects for post-graduate students), an external author for CCH Australia, the director and senior trainer of a tax training organisation (Tax Matters Pty Ltd) and the director and senior trainer of Extollo Pty Ltd (providing non-technical skills to business). She has consulted to the corporate, government and non-profit sectors. She has been an accredited Senior Mindfulness Trainer with the Potential Project. She has nearly 25 years experience as a conference and seminar presenter. Her passion, enthusiasm and humour are loved by audiences across Australia.

She has been a Committee member of a number of professional bodies and contributed to their education programmes as a presenter, author and advisor. She has published a number of books and hundreds of papers.



Soft Skills Workshops For A Changing World

Author, Speaker & Trainer


Petris Lapis
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