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and individual levels) | Strategies for managing high workloads | How to create work-life balance in ways that enhance both individual well-being and performance at work | Simple yet

the resilient LIFE



DR. SUSAN BIALI HAAS

An award-winning medical doctor, Dr. Susan Biali Haas' life passion is to equip people with the knowledge, skills, and tools that will help them to enjoy optimal mental health, avoid burnout, and increase their resilience. Formerly clinically depressed and burned out, Haas turned her life around by extensively studying how to overcome these two debilitating conditions. Today, she inspires a broad range of clients – from military leaders and senior executives to physicians and other healthcare professionals – to take control of their health and start living more impactful, meaningful lives.

As a physician, Haas boasts 20 years of primary care experience, working in urban medical clinics. She also worked as a mental health clinician, counseling patients with anxiety and depression during the first year of the COVID-19 pandemic. A popular blogger for Psychology Today, Haas' articles have attracted more than ten million views. American Express recognized her as a "Real Life Potentialist", someone who has branched from traditional paths to reach their full potential through pursuit of their passions.



Join special guest Dr. Susan Biali Haas, an award-winning medical doctor specialising in mental health and resilience, as we pay tribute to tourism's top performers at the 31st Annual Vancouver Tourism Awards Gala Breakfast.

WEDNESDAY, OCTOBER 12TH, 2022 | 7:00am

VANCOUVER CONVENTION CENTRE EAST

East Exhibit Hall A - 999 Canada Place, Vancouver, BC

Tickets \$75 each or \$700 for a table of ten

Taxes included. GST #133301630

Please reserve and submit payment prior to Friday, September 30th 2022.

Online reservations only. Payment required in advance. **No refunds.**

Employees nominated or a Vancouver Tourism Award between September 2019 and August 2022 will be entered in an exclusive draw for spectacular industry prizes.



REGISTER ONLINE AT:

vancouvertourismawards.com/gala

For further information contact:

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