

# PHILOSOPHY FOR LIFE

## Career Management

Work & career bring unique challenges to life.

If they are properly met, work becomes a source of inspiration and self-development.

If not, our wrong relationship with work & career makes them a burden.

Effectively managing work and career requires understanding the mechanisms of human action and experience. This is the scope of the ancient Indian philosophy of *Vedanta*.

Understanding the principles that govern our internal and external lives, we can apply them in daily life to make make career a balanced and rewarding endeavor.

## This discussion includes:

- Balancing work and home life
- Principles of success
- Managing stress, anxiety, negative emotions
- Setting & achieving goals without unhealthy result-orientation
- Time management & productivity

4:30 Meet & greet

5:00 Discourse

6:30 Q&A Session

7:30 Dinner

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**Sherman Oaks**

**Saturday Oct 22<sup>nd</sup>  
4:30-7:30 pm**

**Suggested donation \$25**



**Glen Callahan** is co-founder of the non-profit *Vedanta Institute LA*. He conducts classes, seminars, and workshops on Vedanta, and contributes to articles on the individual and social impact of Vedanta.

Glen earned a Masters in Engineering in 2000, and in 2006 took up residence at the *Vedanta Academy*, studying under contemporary Indian philosopher A. Parthasarathy. He remained at the Academy until 2014. Glen has teaching experience in India, USA, New Zealand and Mauritius, conducting classes in universities & high-schools, regular study groups for the public, as well as wellness coaching in health spas.



**Nathalie Callahan** is co-founder and director of the non-profit *Vedanta Institute LA*. She conducts Vedanta philosophy classes and workshops throughout Los Angeles, contributing to research and publication of articles on Vedanta and its relation to social issues. Nathalie earned her BA from *Bard College*, New York, and a diploma in Vedanta Philosophy from *Vedanta Academy*, India. She was in residence at the VA for 4 years as a student and researcher on Vedanta Philosophy. Nathalie has also taught creative writing programs at Women's Prisons throughout NY state.

