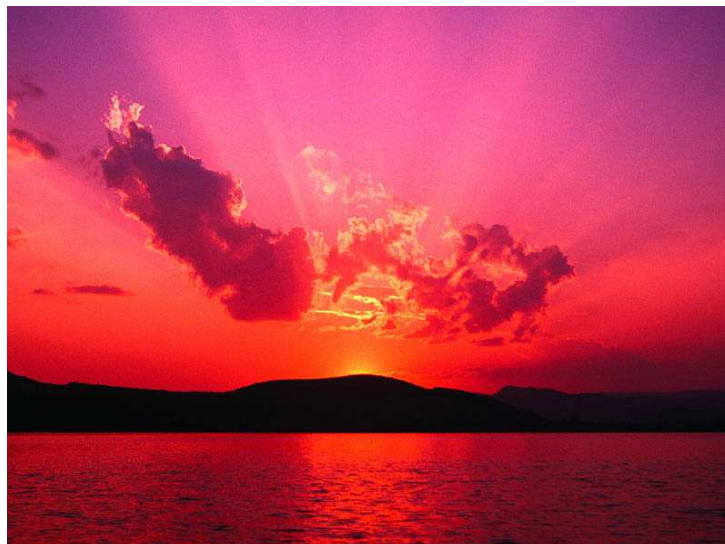


CHARACTER TRAIT FOR JULY - AUGUST

The Manningham Promoting Character focus for July - August is **Contentment**. Contentment helps you adapt and make the most of what is available. Appreciate what you have, be it little or much.

WHY IS CONTENTMENT IMPORTANT?

- Content individuals see beyond the superficial and make the most of their resources, even in tense circumstances.
- Contentment finds fulfillment in good relationships and good values, instead of pursuing happiness in possessions.
- Contentment allows a person to value each relationship and make genuine friends.
- Content individuals adapt to change more easily than those who hold tightly to their things.



MPC BUSINESS BREAKFAST – FRIDAY 30 JULY 2010

Your opportunity to network with local business people and hear a respected leader explore the connections between sport, community and character qualities. Our Speaker is Glenn James OAM, Vietnam Veteran, Teacher and Lecturer, Elder hearing cases in Melbourne's Koori Court and a former Senior VFL/AFL Umpire.

Where: Monte Carlo Receptions, 9 Mitchell Street, Doncaster East (Mel. 47 J1)
Time: 7am. to 8.30am.
Cost: \$20 for a full breakfast
RSVP: To Liz Guiver on 0403 964 596 or email to eliza.g@optusnet.com.au

Please don't forget to copy and display the accompanying poster within your organization to encourage colleagues to join in, and to think about how much we can all show **Contentment** in what we do at home, at work and in our community.