

## Conference Agenda

8:00am Registration

8:45am Welcome by Jackie-Rae Greening

9:00am Joan Craven

10:00am Nutrition Break & Trade

10:30am Door Prizes

10:45am Shelley Streit

11:45am Gourmet Lunch & Entertainment

12:45pm Fashion Show

1:30pm Break & Trade Show

1:45pm Trudy Pelletier

2:45pm Nutrition Break & Trade Show

3:00pm Door Prizes

3:15pm Brenda Robinson

4:15pm Women Helping Women Raffle

4:30pm Last Chance to Visit Trade Show

5:00pm Thank You for Coming!



Mistress of  
Ceremonies,  
Jackie-Rae Greening

**Tickets \$75/Person**  
**Tables Seat 8 Only**



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# Celebrating Women Conference



**Friday**  
**April 20, 2012**

# *If Not Now...When...?*

***Celebrating Women 2012*** promises to be a revitalizing symposium packed with informative sessions, dynamic speakers and fabulous displays. Speakers focus on a wide variety of topics that are relevant to all women and are entertaining, inspiring and educational. A variety of trade show booths will offer women the opportunity to obtain first-hand information and purchase products and services.

Join us for our spring Fashion Show. Local participating businesses will display the latest spring fashions.



**Joan Craven**

## ***Jump-Start Your Self-Care Battery***

Are you tired of being exhausted, doing what you hate, and/or neglecting yourself, your work and your family? In our busy lives our priorities can easily be shifted and we often put ourselves last on the list. This morning take stock of what's on your plate, start a self-care collection and begin to set boundaries for yourself as well as others. Leave with practical tips to incorporate today!



**Shelley Streit**

## ***Getting out of your own Way***

Do you believe you are worthy? Do you listen to that nasty chatty Cathy in your head that feeds you negative garbage all day? Women, you must show up and stand up for yourselves. Discovering who you are at the very core makes it easy to change your mindset and ditch your limiting beliefs about what is possible. YOU are possible and anything you chose to explore is possible. It doesn't matter where you have been -- no matter how bad it was. You have graduated from those circumstances. NO victims here! Your mindset today is what counts first, followed by your fire within to get you there. You can choose to thrive rather than just survive. You can choose to get off the wagon of self-sabotage. You can choose to get out of your own way and live a rich fulfilling life! From this day forward you will break through what you thought were barriers and will be unstoppable!



**Trudy Pelletier**

## ***PERSONAL MASTERY -- to talk through tough issues***

Conversations where things are left unsaid or are unclear not only erode our well-being and confidence, they erode the quality of our lives. A "missing" conversation is one that we've been carrying around in our head for a while as we drag our feet and procrastinate talking through the tough issue(s). A "failed" conversation produces results that are often hurtful leaving relationships and people strained and burdened with a list of undiscussables. The ability to talk through the tough issues is a key success factor in love, business, family and life itself. Discover the elements of Personal Mastery and learn strategies to cultivate it, to give you power to engage in the tougher conversations - now! Lead yourself and others with authenticity and clarity through tough issues.



**Brenda Robinson**

## ***LAUGHTER...***

"Quit that laughing and get serious"  
"Stop fooling around and get back to work"

How many messages discourage laughter?  
How important is laughter in your life? How important is laughter in your workplace or community? Positive relationships often begin with laughter and fun. Do we maintain those relationships with the same ingredients?

We don't always have to go "out" or "out of your way" to have fun. Learn to bring more joy, laughter and fun into your everyday life and work.