

WORKING WOMEN

A day of Fun, Learning and Inspiration

Friday April 24, 2009, Legends on the Niagara
A G E N D A

MORNING

Breakfast & Networking

Welcome & Kickoff - Laurie Flasko & Laurinda Dovey

Success Strategies for Working Women - Laurinda Dovey

Do you lack the time to accomplish everything? Do work pressures leave you tired and stressed? Are you pulled in different directions due to conflicting priorities? Do you get the respect you deserve? In this workshop you will learn:

- ◆ How to be an effective self-manager.
- ◆ Communication techniques that will enhance your credibility and professionalism.
- ◆ How to stay healthy and manage your stress.

Break - Yoga Stretch with Kassandra Murray, Midé Bistro and Yo2GA Studio

Success Strategies (continued)

Women's Health

Louise Blais, Assistant Manager, The Club at White Oaks

12:00 – 1:15

Hot & Cold Buffet Lunch overlooking the Golf Course

Oxygen Bar – Breathe in – Oxygen promotes healing and counters aging!

AFTERNOON

Pamper Yourself with Deb Braun of BeautiControl

Business Etiquette: Lasting Impressions – Laurie Flasko

When it comes to success in modern business, communicating with confidence is essential. Whether it's the boardroom, the dining room or the locker room, you need to put your best foot forward. This fun and interactive session will help you to master that important first impression and to attain your personal and professional best. Topics covered in this session:

- ◆ The elements of a first impression.
- ◆ Five essential behaviours for greetings in North America.
- ◆ Proper use of business cards.
- ◆ Basics of networking.

**Break - Move Your Body! Zumba with Marsha Lostracco
Certified Zumba Instructor**

Business Etiquette (continued)

Wrap-up

Shopping during breaks and lunch! See products and services from a few of our select vendors!

Sponsored by ...

**White Oaks Resort and Conference and Spa ~ Skyway Digital
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