

## **Presenting the South Shore Women's Business Network's Fall 2008 Professional Development Series**

### **Fall Seminar**

#### **October**

**Get It Together: Organizing Your Mind and Your Space**  
**Wednesday, October 8, 2008, 8 am – 10 am**  
**IKEA of Stoughton**

IKEA of Stoughton will provide the venue and breakfast for this morning seminar. **Karen McKenna-Veliotis of KMV Organized Designs & Kathleen Burns Kingsbury of KBK Connections** will present on how our thoughts impact our ability to stay on task, organize our lives, and truly focus on what is important in life. Organizing Specialists from IKEA will show you how to keep your space organized and lead tours of IKEA's organizing systems

### **Breakfast Speakers Series**

#### **September**

**Jane Lundquist, Rockland Trust**  
**Women as Leaders**  
**Thursday, September 25, 2008, 7:30 am – 9:30 am**  
**Holiday Inn, Rockland**

**Jane Lundquist** is the Executive Vice President of Retail Banking and Corporate Marketing at Rockland Trust. She will be speaking about women in leadership positions and how to be a great leader in today's business forum and not just a good leader.

#### **October**

**Mel Robbins, Life Coach and Media Personality**  
**Thursday, October 30, 2008, 7:30 am – 9:30 am**  
**Holiday Inn, Rockland**

**Mel Robbins** is a life coach who is a widely quoted expert on issues relating to conflict resolution and career development. She has a degree from Dartmouth College and Boston College Law School. She began to study coaching in 1995 and has received extensive training and certifications in many coaching methodologies. Mel is the host of the hit syndicated radio show [Make It Happen with Mel Robbins](#) and also hosts a filmed celebrity interview series for Borders.

**Due to the Holiday there will not be a November or December Breakfast**

## **Brown Bag Lunch and Learn Professional Development Series**

**September**

**Tom Burke**

**Business That's Practical**

**Thursday, September 11, 2008, noon – 1:30 pm**

**Eastern Bank, 80 Washington Street, Norwell**

**Tom Burke** is a Financial Advisor at Smith Barney in Hingham, MA. He has been advising business owners and individual investors for over 15 years. As founder of Burke Communications, a full-service marketing consultancy, Tom gained a wealth of experience with growing a small business – not only his clients' but his own. He was a Visiting Professor of Marketing at the Massachusetts College of Art. Tom holds a degree in Organizational Behavior & Management from Brown University.

Join this valuable session for a small business owner's view of the world. This highly interactive workshop will touch on these practical pointers:

- The three things you absolutely need to get right
- Cheap – or free – tools to help your business succeed
- Two invaluable resources you must use well to make it all work
- The biggest things to avoid as a growing business

**October**

**Stacey Shipman**

**Stress Management**

**Thursday, October 2, 2008, noon – 1:30 pm**

**Eastern Bank, 80 Washington Street, Norwell**

**Stacey Shipman**, M.Ed, RYT is a writer, speaker, trainer and the founder of Let it Flow, a company dedicated to helping people build confidence, improve productivity and manage stress at work and at home. Stacey has been in the wellness field for more than a decade and her mission now is to “Bring you back to your senses.” Learn more about Stacey at [www.letitflowfitness.com](http://www.letitflowfitness.com).

Learning to manage your stress is vital to personal and professional success and growth. This session will include discussion and practice about potential stressors, reactions, outcomes and various methods to help manage daily stress. You will learn about:

- What stresses you and the affects stress has on your health at home and at work
- How managing stress can help decrease costs, increase productivity, and improve overall health and well-being
- Three techniques to help manage stress NOW!

**November**  
**John Glendhill**  
**Succession Planning for Your Business**  
**Thursday, November 6, 2008, noon – 1:30 pm**  
**Eastern Bank, 80 Washington Street, Norwell**

**December**  
**Brenda Wornum Moore**  
**A Year in Review: Celebration and Intentions for 2009**  
**Thursday, December 4, 2008, noon – 1:30 pm**  
**Eastern Bank, 80 Washington Street, Norwell**

**Brenda Wornum Moore** is the Founder and President of BWM Consulting, Inc. which specializes in performance and learning solutions for businesses (both large and small). She has over 15 years of diverse management, training, and development experience gained from working in the financial, pharmaceutical and retail industries as well as the non-profit sector. In addition to her professional and community endeavors, Brenda is an accomplished speaker and has been an invited guest speaker and panelist to a number of conferences presenting workshops and seminars for businesses, higher education and youth organizations.

Did you accomplish your goals for the year, or did you miss the target? Do you want to avoid the same missteps and ensure your success for reaching your goals in the New Year? If your answer is yes, then get yourself ready for success in 2009! This session will help you to:

- Identify the obstacles that keep you from reaching your goals
- Discover what you need to do to overcome them
- Obtain the keys to success
- Unlock the power you have to start the New Year with a greater resolve to achieve your goal