

Women in Business Council
Annual Awards Luncheon

Guest Speaker:

Mrs. Donna James

Chair,

National Women's Business Council
As appointed by President Barack Obama

12:15-1:30 pm

University Church of Christ

The following awards will be given
to deserving women:

Bright Future Award

Defining Woman of the Year Award

Achievement Award

Roots and Wings Award

Trailblazer

Spirit of Tuscaloosa Award

This luncheon is part of our annual
conference; however, you may choose to
attend only the luncheon.

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The Chamber of Commerce of West Alabama
2200 University Blvd.
Tuscaloosa, Al 35401



Women In Business
Council Presents

The Annual
Empowerment Conference.....

Suits and the City.....
Women moving Tuscaloosa forward.....

August 11, 2011
University Church of Christ



Workshops

Please choose one workshop from each time frame.

9:00-9:50 am

Choose one from the following:

___ "Why Can I Never Find My Keys?! Where is that Flipping Invoice?!"

Jennifer Minor James, Organizer By Necessity

Even in this age of advanced technology, stacks of paper build up quickly on people's desktops. A disorganized desk is intimidating, and steals energy and focus. Women today are faced with too much information bombarding them, overwhelming to-do lists and not enough time in one day to complete the list. Come learn to SHED, and live a more balanced life at home and work, based on the Julie Morgenstern principles of organization for home and work.

___ "Financial Fundamentals to Keep You at the Top of Your Game"

Babs Hart, The Hart Group

Is your family protected? Do you have your financial life in order? If you answered no, this is the workshop for you! Babs will help you understand what you need to have planned at every stage of your life.

___ "Floral Therapy!"

Sarah Morrison, owner, Tuscaloosa Flower Shoppe

Come find out how flowers can enhance your work or home environment and learn just how much it means to someone else to receive them. Sarah will also discuss "flower etiquette"—what to send and when to send it. She will be giving away her demonstrations (gift baskets and flowers)!

10:00-10:50 am

Choose one from the following:

___ "Legal Update: Alabama's New Immigration Law - What Every Employer Needs to Know"

Carol Armstrong, Armstrong Law; Paige Oldshue, Rosen Harwood

Educate yourself on the new immigration law and how it will affect your business. You might be surprised!

___ "Why Great Leaders SERVE"

Ashley Gill, Operator, Chick-fil-A at Northport

If there is power in leadership, there is even greater power in the choice to become a leader. Often the direction of the organization is riding on this daily choice. It's up to the leader to choose to lead...to choose to serve. Chick-fil-A's leadership principles, based on servant leadership, has helped them become the #1 chicken chain in the country, and an example of exceptional customer service in their industry. Ashley will share what makes Chick-fil-A stand out, and it all begins with leadership.

Registration

Please fax to 391-0565 or call 391-0559 to make reservations. Reservations must be made by and cannot be refunded after August 8th

Name: _____

Company: _____

E-Mail: _____

Phone: _____

Attending:

___ Three workshops with lunch (be sure and make workshop selections)

___ One Workshop

___ Only luncheon (to purchase a table of 8 call 391-0559)

Cost

\$59.00 to attend workshops with luncheon

\$79.00 for non-members

(no fee reduction for not attending luncheon)

\$25.00 for individual (1) workshop (lunch not included)

\$35.00 for non-members

\$27.00 to attend luncheon only (\$200.00 for reserved table of 8)

\$35.00 for non-members

Payment method:

MC/Visa/Discover

Card # _____

Expiration date: _____

Name on card: _____

Check enclosed: _____ (mail to Chamber)

___ Invoice me (Chamber members only)

If you are not a Chamber member fees must be paid in advance.

Please feel free to make copies of this form for multiple registrations.

Workshops

More Practical and Empowering Ideas for Women in Business

Please choose one workshop from this time frame.

11:00-11:50 am

Choose one from the following:

___ "What's Food Got To Do With It?: Psychological Factors That Influence Weight".
Donna Avant, Director, DCH Employee Assistance Program

Eating food we enjoy can cheer us up and make us feel content and relaxed. Conversely, eating favorite foods sometimes lead to negative feelings such as guilt and remorse. Come discuss with us how the battle with food can lead to costs to business and industry, gain insight into eating patterns, learn to minimize the negative and maximize the positive impact of food and consequences and solutions.

___ "Rhythms of Relaxation - Innovative Ways to Deal With Stress".

Carol Adams, Licensed Clinical Social Worker

As women we experience and deal with stress differently from men. We will explore the unique ways that stress affects women and a feminine approach to stress relief. This will be an experiential/interactive approach (feminine) vs. a linear lecture delivery (masculine). Guaranteed to be fun! Come dressed in comfortable loose clothing that allows for movement, and flat or easy to remove shoes.

Conference brought to you in part by
Holiday Inn Express



Women

IN BUSINESS COUNCIL