

Sign up NOW for next Month's Program
Monday, January 23, 2006
Featuring
Terry Wildemann

DATE: Monday, January 23, 2006

ON-SITE REGISTRATION & NETWORKING:

5:00 – 5:45 PM

DINNER:

5:45 – 6:45 PM

PRESENTATION:

6:45 – 8:00 PM

LOCATION:

The Radisson Airport Hotel

2081 Post Road (Route 1), Warwick, RI
401-739-3000

DIRECTIONS:

Exit 13 off of I-95, to Post Rd North,
½ mile on left, next to PVD Airport.
Park & enter from the back.

COST FOR PROGRAM &

DINNER:

\$25 ASTD Members Who Register in Advance

\$30 Guests & On-site Registration

CANCEL?

24-Hour Notice or you will be billed.

QUESTIONS? CONTACT:

Jamie Millard

President-Elect and VP Professional Development

jmillard@lexlead.com

401-885-3065

Check out our newly renovated website!

www.baycolonies.org

Program Title: *“Innovative Strategies for Reducing Stress and Improving Workplace Performance”*

Program Description:

Would you like to create more life balance, reduce stress, improve focus, decision making and your health quickly? Come learn...

- How to shift physiology and master stress in the moment
- About the role the physical heart plays in stress control
- How your behavior style offers clues for controlling stress.
- About tools for mastering stress and when to use them
- How biofeedback can help you take back control
- How to help your kids reduce their stress and improve their grades

Come join certified executive and stress management coach Terry Wildemann, for an evening of fun and laughter. As a soccer mom of 3 very active kids (18, 14, and 10), the spouse of a career military officer (retired – thank goodness!) and 30 years of entrepreneurship, she truly understands the challenges of creating balance.

Terry has worked with thousands of professionals by offering coaching, leadership, customer service and stress management training at her center, Winds of Change Holistic Education and Leadership Center in Portsmouth, RI. Her book, *1-800- Courtesy; Connecting With a Winning Telephone Image* was published in 1998 and is currently in rewrite. Her certifications include...

- HeartMath 1to1 Stress Management Coach
- Certified Executive Coach
- Certified Professional Co-Active Coach
- Certified Conflict Management Trainer
- Certified Professional Behavioral Analyst.
- BS degree from West Chester State College.
- Reiki Master

REGISTRATION/RSVP: Register at www.baycolonies.org

Pay at the Door with checks payable to Bay Colonies ASTD

Please register by January 18, 2006.