



Lunch & Learn

Join us for lunch, network with like-minded women, and learn from an expert!

Connect * Learn * Grow

Cultivating an Optimistic Mindset for Business Success

What is the most important electronic tool you have to work with these days? Is it your computer? Is it your PDA? No. It's your brain.

Your brain is the most important tool you have in business and it is the key to your performance. But sometimes it is also your greatest enemy. As a professional woman, you face unique challenges every day, so knowing how to quickly change a crisis mindset into an optimistic mindset is a critical skill for success. In this session you will learn proven strategies and tools that will allow you to bounce back quickly from any situation and strengthen your resilience. Louisa Jewell will introduce you to the fascinating study of positive psychology and how you can apply this to improve psychological strength, be more productive and reach higher levels of business success. You will walk away from this talk feeling stronger, happier, and more confident!



This talk is designed to:

- Improve self-motivation and increase positive energy
- Build self-confidence
- Teach proven techniques to stay optimistic
- Improve well-being and happiness

Louisa Jewell, MAPP, is a consultant, facilitator and speaker with more than 16 years of experience working with executives and leaders to build positive and productive workplaces in Canada and around the

world. In 2007 she conducted research across Canada to determine what fully engaged employees at work and the conditions that created well-being in the workplace. Louisa is a graduate of the ground-breaking Master of Applied Positive Psychology program at UPENN and is the founder of the Canadian Positive Psychology Association. As co-host of CareerBuzz, a weekly radio show on CIUT.FM Louisa interviews interesting authors and thought-leaders on the topic of Energizing Organizations.

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UPCOMING EVENT

Cultivating an Optimistic Mindset for Business Success

Thursday, Feb 16, 2012

11:30 am – 1:30 pm

Location



35 Church Street
Toronto, Ontario
(416) 366 7800

HotHouse Café is located at the northeast corner of Wellington at Church Street.

Parking Street parking is available or choose from a variety of nearby facilities.

Public Transit Union Station.

Tickets limited to 30!

Book soon !

CAWEE Members

\$35.00 (plus \$4.55 HST)

Affiliates

\$40.00 (plus \$5.20 HST)

Non-Members

\$50.00 (plus \$6.50 HST)

Lunch is included.

HST# (R100759935)

Cancellation Policy: 1 week prior to the event, thereafter, no refunds or credits for no shows.

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