

Women's Division

Motivate • Support • Grow

Women for Women

This month's program sponsor:

Betsy Booth, RN, *Nurse Navigator*
 Janeen Browning, *Director of Marketing*
 Emily Gentry, RN, *Women's Services Coordinator*
 Brittnea Ussery, *Marketing/PR Consultant*



Baylor Plano celebrates Breast Cancer Awareness Month

Baylor Plano is pleased to announce its oncology services are an accredited comprehensive cancer program by the American College of Surgeons Commission on Cancer.

- MAKE YOUR MAMMOGRAM APPOINTMENT – Available today in the Gleneagles lobby immediately following the Women's Division luncheon!
- JOIN US FOR UPDATES ON BREAST CANCER RESEARCH– Presented by Manish Gupta, M.D., Oncologist. October 12 from Noon to 1:00 p.m. Lunch will be provided. Registration required.

To register, please call 1.800.4BAYLOR or visit us online at BaylorHealth.com/PlanoEvents.

September newsletter sponsor:



BioLase Kim Segal

Chronic Pain &
Athletic Injury
Specialist

*Stop Hurting!
Start Living!*

972-406-0088

Kim Segal has been a Texas State licensed athletic trainer and clinical researcher since 1979. She has specialized in the care, prevention and rehabilitation of injuries. She has rehabilitated athletes from the Dallas Mavericks and Cowboys, Indianapolis Colts, Seattle Seahawks, New York Knicks, the United States World Champion Water Ski Team, as well as Olympic, University and High School athletes.

As a clinical researcher, she has developed some of the leading rehabilitation programs that are currently used today. Kim has been granted US patents for a "diode laser irradiation system for biological stimulation".

Through her research in clinic she has developed technology that is now incorporated in her patented therapy equipment, the Laserstim 1500 and the Vetlase 500. She has spent the past 18 years researching the efficacy of biostimulation and therapeutic laser applications.

Coming next month – WEDNESDAY, OCTOBER 13th:

Collin County Community College Update Dr. Cary Israel, President

We hope you will join us in October for an exciting update given by CCCC President, Dr. Cary Israel.

More than 46,000 students choose Collin College each year because they find the right combination of programs, innovation and personal attention. In fact, Collin College is the home of three U.S Professors of the Year in nine years (no other community college in the nation has had the distinction of having three professors win this coveted award), one Texas Professor of the Year, two Fulbright Scholars, three Academic All-USA students in five years, five Minnie Stevens Piper Professors and nearly 1,000 outstanding faculty members.

Dr. Israel has received numerous awards throughout his presidency. In early 2010, Dr. Israel was recognized as the Citizen of the Year by the Plano Chamber of Commerce and was presented with a Leadership Achievement Award from Collin County Business Press. He has also been recognized as a Mentor by the Collin County Children's Advocacy Center and was chosen as one of 30 Collin County residents named as 2008 People of Influence.

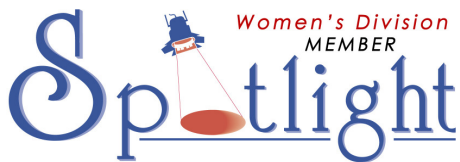


**Collin County
Community College District**
 2800 East Spring Creek Pkwy.
 Plano, TX 75074
 972.548.6790
cisrael@collin.edu

The Plano Chamber of Commerce Women's Division luncheons are held on the 2nd Wednesday of each month at Gleneagles Country Club, 5401 West Park Boulevard. Networking is from 11:30 am – noon, followed by the program, which concludes at 1 pm.

Reservations are required and can be made on-line.
 The Chamber must receive reservations **by NOON on FRIDAY, OCTOBER 8th**. See the Chamber website for more information: www.planochamber.org





**Amanda Morris
Hair Studio**

Town Creek Salons
Studio 27
210 Central Expy S. Suite 64
Allen, TX. 75013
972-363-6828

I hail from: the city of Plano and do not plan on leaving anytime soon!

When I'm not hard at work, my "Play Time" includes: spending time with friends and family, and my 2 dogs. I also really love what I do, so I like to make time to go to hair shows and learn the latest hair fashions and trends!

A bit of wisdom or suggestion I can share with another woman, or person, in business is: to find something that you can add to your business that sets yourself apart from everyone else. People like to feel special, so go the extra mile to add something more to your services.

The greatest thing about networking with the Women's Division is: everyone is so genuinely helpful in wanting your business to succeed. I was intimidated to come to the networking events, but all the ladies were so friendly and more than willing to help me feel more comfortable.

I am making connections in 2010 by: growing my business through the chamber. I have also referred my friends or clients to other businesses in need of their services. I am very appreciative to the chamber for all the love and support!

**Why Non Verbal Communication is Important
Geraldine Kilbride, Business Psychologist - crucialskills4leaders.com**

It is estimated that **55% of our communication is based on the non verbal communication methods.**

1. Eye Gaze

Eye contact can indicate interest, attention, and involvement. Gaze includes the actions of looking while talking, maintaining eye contact while listening, patterns of fixation, pupil dilation and blink rate.

2. Facial Expression

Universal facial expressions signify anger, fear, sadness, surely and disgust. If you smile, frequently, you'll be perceived as more likable, friendly, warm and approachable.

3. Posture

Your posture, including the pose, stance and bearing of the way you sit, slouch, stand, lean, bend, hold and move your body in space. It can immediately affect the way people perceive you.

4. Gesture

May be articulated by the movement of hands, arms or body, and also includes the movement of the head, face and eyes such as winking, nodding or rolling one's eyes. Speaking without gesture, can be seen as boring, stiff and unanimated.

5. Haptics

The word given to 'touch', as it refers to communication, includes handshake, backslapping, high 5's, a pat on the shoulder and brushing an arm. The meaning conveyed from touch is highly dependent upon context, the relationship between communicators, and the manner of touch.

6. Paralanguage

This term refers to the non verbal cues of the voice. Acoustic properties of speech such as tone, pitch and accent can all give off a non verbal cues

7. Proxemics

This refers to the non verbal study of space and distance. The concept of territorial space refers to the area around the person that another person is not allowed to enter without consent. For example, the intimate zone is said to be up to 2 feet around the person and is reserved for close friends and loved ones.

8. Clothing and Bodily Characteristics

Finally, elements such as physique, height, weight, hair, skin colour, gender, odour and clothing send non verbal messages during interaction. They cannot be ignored.

Upcoming Chamber Events
(Please RSVP in advance)

Every Friday: 7:30am
Networking at Business Interchange
Plano Chamber of Commerce Offices

Sept. 16: 5:30 - 8:00pm
Business After Hours at The Heard Museum
1 Nature Place, McKinney

Sept. 17: 11:30am - 1:00pm
3rd Friday Ambassador Luncheon
Fox Sports Grill - 5741 Legacy Drive, Plano

Sept. 22: 11:30am - 1:00pm
"Success In Business" – Plano Chamber
Brown Bag! FREE for Chamber Members
\$5 for non-members

Sept. 22: 5:30 – 7:30pm

*Women's Division Networking After-Hours at
The Conservatory at Plano!*
6401 Ohio Drive Plano, TX, 75024
RSVP to your Connections Director,
Mona Nicolas-Stegall, by Friday, September 17th
Mona@CLMcreative.com

Unless noted, please RSVP by email
rsvp@planochamber.org
or call (972) 424-7547 ext 230

2010 Women's Division Board of Directors

<p style="text-align: center;">Director Amity Elliott Coppermark Bank aelliott@coppermarkbank.com</p> <p style="text-align: center;">Immediate Past Director Kim Moore Strasburger & Price kim.moore@strasburger.com</p> <p style="text-align: center;">Director-Elect Kathy Blank CASA of Collin County kblank@casaofcollincounty.org</p> <p style="text-align: center;">Secretary Mischell Erickson American National Bank of Texas mischellerickson@anbtx.com</p>	<p style="text-align: center;">Treasurer Patricia Ann Cole Gems of Time patricia@gemsoftime.com</p> <p style="text-align: center;">Programs Beth Ann Johnson AXA Advisors bajlamesa@verizon.net</p> <p style="text-align: center;">Connections Mona Nicolas-Stegall CLM Creative Photography & Event Design mona@clmcreative.com</p> <p style="text-align: center;">Publicity / PR Betty Magee Magee & Associates, Realtors betty.magee@homesbybetty.com</p>	<p style="text-align: center;">Registrar Margaret Brown BGCommunications margaret@BGComm.com</p> <p style="text-align: center;">Parliamentarian Teresa Federspiel Plano Sports Authority trfed@psaplano.org</p> <p style="text-align: center;">Member-at-Large Janeen Browning Baylor Regional Medical Center at Plano janeenbr@baylorhealth.edu</p> <p style="text-align: center;">Member-at-Large Tish Seidler The Conservatory at Plano tseidler@csrsenior.com</p>
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