

Women's Division

Motivate • Support • Grow

2011 Theme: *Women in Motion*

This month's program sponsor:

We believe bankers should know their customers by name and vice versa.

Preston Park
(214) 515-4703
5021 W. Park Blvd
Plano, TX 75093

 **Frost**
WhatFrostBelieves.com

September newsletter sponsor:

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Coming next month – WEDNESDAY, OCTOBER 12th:

“Success Without the Stress: 5 Essential Keys for Women Business Professionals to Transform Frazzled to Fired Up.”
Helen Wood, MD, FACP

Even though stress seems to be everywhere, there IS StresS-O-S that will empower you to build a successful, thriving business without the ravaging effects of stress!

What you will learn from Dr. Helen Wood:

- Why you can't afford to ignore the stress in your life a day longer (yes--it's that urgent!).
- The brief skinny of the science behind stress that will empower you with the specific information you need to motivate powerful change in behavior.
- A new paradigm for viewing stress that reveals its 5 essential keys, shows you exactly where to intervene, provides a step-by-step system that is easy to remember and doable in every moment.
- THE golden key, that may surprise you, that holds the most power to banish stress.
- Proven, simple and brief practices that flow from each key that you can use right now to BE A CALMER SELF and eliminate or dramatically reduce your stress.
- How to create the mental clarity and focus to amplify your productivity and effectiveness.
- How to revitalize your body, create more time and enhance your peace of mind.



Dr. Helen Wood
openthedoortomore.com
972-459-2658

*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. **Individual introductions begin promptly at 11:50am**, followed by the program at noon, which concludes at 1:00pm.*

Reservations are required and can be made on-line.
The Chamber must receive reservations **by 2:00pm on FRIDAY, OCT. 7th**. See the Chamber website for more information: www.planochamber.org

 **Plano Chamber of Commerce**
ADVOCACY • EDUCATION • NETWORKING



Meet the Chamber's
Director of Education,
LAUREN GARNER

As Director of Education, I oversee all professional development programs for the Chamber divisions: Leadership Plano, Women's Division, Young Professionals of Plano and the Business Development committee. This includes developing opportunities for training, education and workforce development for its members by utilizing business professionals as educators and presenters.

Working for the Plano Chamber of Commerce, I eagerly anticipate being able to make a difference for the members and our community. I have a passion for connecting people, creating new possibilities for growth and providing educational opportunities that will enhance business success.

My hobbies outside of work include, cooking, dancing and enjoying my family. I have the best niece and nephews ever!

You can reach Lauren by Email at Laureng@planochamber.org or by phone 972-424-7547 ext. 231



SAVE THE DATE!

“Healthier Holiday Eating”

Nov. 3, 2011

Whole Foods, Plano

Look for more information coming soon!



Upcoming Chamber Events
(Please RSVP in advance)

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

Sept. 16: 11:30am - 1:00pm
Ambassador Luncheon
Plano Chamber of Commerce Office

Sept. 30: 6:30 - 11:00pm
Best of Plano
Plano Marriott at Legacy Town Center

*For more information, or to
RSVP for any of these events,
please visit the chamber website:
www.PlanoChamber.org*

**Remaining 2011 Luncheons:
Gleneagles Country Club**

Oct. 12 - “Success Without the Stress”
with Dr. Helen Wood

Nov. 9 - “Embrace Your Greatness”
with Mitch Gaylord

Dec. 14

Monthly Luncheon Sponsorships

Reservations for 2012 sponsorships will be available this coming November!

To learn more about this exciting business marketing opportunity, contact **Lauren Garner**, Director of Education at the Plano Chamber.

Laureng@planochamber.org
972-424-7547 ext. 231

See you tomorrow at our **Pamper Yourself Networking Event!**

Sept. 15: 5:30 - 7:30pm
Willow Bend Mall, Grand Court



2011 Women's Division Board of Directors

<p>Director Kathy Blank CASA of Collin County kblank@casaofcollincounty.org</p> <p>Director-Elect Janeen Browning Baylor Regional Medical Center at Plano janeen.browning@baylorhealth.edu</p> <p>Secretary Debbie Strain Express Employment Professionals debbie.strain@expresspros.com</p>	<p>Treasurer Ann Dunham State Farm Agent ann@anndunham.com</p> <p>Programs Mischell Erickson American National Bank of Texas mischellerickson@anbt.com</p> <p>Publicity / PR Mona Nicolas-Stegall CLM Creative Photography & Event Design mona@clmcreative.com</p> <p>Registrar Judy Groening Servpro Plano judy2468@hotmail.com</p>	<p>Connections - Luncheons Geri Moran Juice Plus + GeriinTX@gmail.com</p> <p>Connections - After Hours Gina Branch RE/MAX Dallas Suburbs gina@ginabranh.com</p> <p>Parliamentarian Beth Ann Johnson Morgan Stanley bajlamesa@verizon.net</p>
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