

# A Celebration of Women in Business

## LUNCHEON

FOR EVERYONE WHO SUPPORTS WOMEN IN BUSINESS IN THE NORTH COUNTRY

AND

## BOOT CAMP

FOR WOMEN IN BUSINESS

October 22nd - West Side Ballroom - Boot Camp 8:30-11:30 - Luncheon 12:00 - 1:00pm

### TICKET INFORMATION

Fax to Chamber at 563-1028.

All reservations must be made by Oct. 11th  
No Refunds after Oct. 11th

Company Name: \_\_\_\_\_  
Contact Person: \_\_\_\_\_  
Email: \_\_\_\_\_  
Fax: \_\_\_\_\_

Please Reserve a Table of 10 for the Luncheon (\$675) and send an invoice. Includes Boot Camp Sessions.

Please Reserve \_\_\_\_\_ seats for the Luncheon (\$75 per person for members and partners) and send an invoice. Includes Boot Camp Sessions and Luncheon. Non-Member Price - \$90

\$675 **Table Sponsors** - Benefits Include:

- ▶ Table for up to 10 people at Luncheon
- ▶ Company name on table
- ▶ Admission for up to 10 people at Boot Camp

\$75 **Individual Tickets** (members/partners) - Includes:

- ▶ Admission to Luncheon for 1 Person
- ▶ Admission to Boot Camp Workshop(s). Space is limited, so you must register for each class in advance. Some sessions will sell out!
- ▶ Entry in Prize Give-Away

**See List of Boot Camp Workshops on Back**

Stafford, Owens, Piller, Murnane,  
Kelleher & Trombley, PLLC

### \$500 Cash Give-Away

Yes, someone will walk away with \$500....will it be you?  
(Prize drawn at Luncheon - Must be Present to Win)

#### Luncheon & Boot Camp Registration

Space is limited, so RSVP for the workshops you want to attend ASAP!

Circle the number of the Session(s) each attendee plans to attend. **See Number Key on Back.**

If you are only going to the Luncheon, skip the numbers and circle "Luncheon"

Name: _____	Session#:	1	2	3	4	5	Luncheon
Name: _____	Session#:	1	2	3	4	5	Luncheon
Name: _____	Session#:	1	2	3	4	5	Luncheon
Name: _____	Session#:	1	2	3	4	5	Luncheon

Companies registering more than 4 people may send multiple forms or call the Chamber at 563-1000. Must cancel by 10/11/19 to receive refund.





Boot Camp sessions are available only to those registered for the Celebration of Women in Business event. The admission fee includes the luncheon and your choice of workshops. **RSVP REQUIRED** for Boot Camp sessions. Space is limited and **WILL SELL OUT** in some sessions. Call the Chamber at 563-1000 for more info.

## October 22nd - West Side Ballroom - Plattsburgh, NY

8:30 - 9:30  
For Everyone

### 1 Unleash Your Superpower

Women in business are often challenged with feedback about style and communication skills versus results and day to day performance. We are often changing ourselves to command respect in the workplace (that may be dominated by men or have women that are competing with each other) in an effort to advance our careers and broker more influence. The confluence between bringing your authentic self to the workplace and meeting expectations of others can cause us to question our superpower. This interactive session brings a panel of seasoned and unique veteran experts to the stage to help you identify and unleash your superpower in a pure and genuine manner. Find your strengths, build your brand, and channel your resources to empower others around you and become the leader you have always wanted to be.

**Presented by: Betsy Vicencio - The Northeast Group / Deena Giltz-McCullough - Northern Insuring Agency / Michelle LeBeau - UVMHN at CVPH & AHMC / Tammi Morytko - Norsk Titanium / Michelle Cromwell - SUNY Plattsburgh**

Start your morning with Session #1. Then.....Decisions....Decisions! There will be 2 sessions offered simultaneously. Select the one you would like to attend for each time frame below. **RSVP REQUIRED!! We will Sell Out of some sessions, so RSVP ASAP.**

9:45 - 10:30  
Choose one

### 2 A Different Kind of Selfie

With 4 generations working under the same roof, this modern workforce demands a shift in the way we interact with each other. Understanding the preferred communication styles of our colleagues is critical. In this interactive session, you'll take a Myers Briggs style assessment to get to know yourself, learn how other personality types prefer to communicate, and find out how to use this knowledge to thrive at work and at home.

**Presented by: Michele Armani - ETS**

### 3 Can Technology Improve Your Work-Life Balance?

Finding a work-life balance in an always-connected world can be challenging. How can you master life at home and your career? Choosing the right technology and using it effectively is the key! It requires discipline, boundaries, and respect of both aspects of your life. What technologies might help you get there? Let's explore!

**Presented by: Devi Momot - Twinstat Technologies**

10:45 - 11:30  
Choose one

### 4 Build Your Confidence & Become a Better Negotiator

Negotiating effectively is imperative if you want to be successful. At work and in life, you must learn how to present your points adeptly; otherwise, you'll be on the losing end on deals, money, promotions and other opportunities. Whether buying a car, selling a product, asking for a raise, or disputing your cell phone bill, strong negotiation skills can help you succeed. Hear firsthand tips from a panel of successful women professionals!

**Presented by: TD BANK**

### 5 #METOO: Is It Changing the Business World?

Since 2017, #METOO has become the new short-hand for sexual inequality. Jacqueline Kelleher will share her insight into how the outcry is - or is not - changing things for women in business and what can be done to harness this new focus to propel meaningful change.

**Presented by: Jacqueline Kelleher - Stafford, Owens, Piller, Murnane, Kelleher, & Trombley PLLC**

12:00 - 1:00  
For Everyone

## Celebration of Women in Business Luncheon

The Luncheon is **open to everyone - men and women** - who want to celebrate the amazing women at work in the North Country. Featuring **Keynote Speaker: Stacy Frederick Spector**. Stacy is an Attorney in Glens Falls, a member of the **Catamount Consulting Team**, the COO of Be a Hero, LLC and a Co-Creator of the Sweethearts and Heroes program. She is a mother of two boys and professional physique competitor. Stacy shares a message of Empathy and Empowerment. Be prepared to tap into your superhero powers and be inspired to jump into action.