

July 29th  
Greensburg Elementary  
900 N. Big Blue Avenue  
Greensburg, Indiana



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# 2011 Women's Conference

# Conference Schedule

## Image, Etiquette & Communication Essentials:

Enjoy the enthusiasm and absorb the knowledge provided by keynote speaker Starla West.

Starla will be our opening session speaker in the morning and will show you the power of confidence and initiative to build relationships and an instant bond with anyone, anytime, anywhere. True professionals understand that when they walk into a room, everything about them is on display – the energy they bring to the room along with the confidence they demonstrate. Starla's presentation will leave you with a competitive advantage in your business dealings.

Lunch – Our wait staff will serve you a fantastic sit-down lunch from the professional hands of Indiana Downs Chef Greg Schiesser as Starla West delivers the keynote address – Navigating Your Way Around a Business Meal. When you execute a business meal with style, savvy and sophistication, you create a strong business presence impressing not only your clients and colleagues, but also potential employers. Starla will show you the proper way to participate in business meals, taking the worry and frustration out of knowing who orders first, which plate or fork to use. She will show you effective dining techniques to exemplify first and lasting impressions.

***Starla West Executive Coaching LLC***  
***Image, Etiquette & Communication Essentials***  
***[www.starlawest.com](http://www.starlawest.com)***

*Starla West travels throughout the United States serving a broad range of individuals, industries, professions, and titles from entry-level to executive management. She has an unwavering commitment and passion for helping individuals achieve their personal and professional best. She inspires and empowers individuals to reach their goals and dreams.*



### **8:00a.m. to 8:45a.m.: Registration, Breakfast & Exhibits**

Entry Hall

Enjoy coffee & pastries provided by HighPoint Orchard of Greensburg while browsing our exhibit hall.

### **8:45a.m. to 9:45a.m.: Opening & Keynote Speaker**

Cafeteria

### **10:00a.m. to 10:45a.m.: Break-out Session I**

### **11:00a.m. to 11:45a.m.: Break-out Session II**

### **12:00p.m. to 1:30p.m.: Lunch (Let our wait staff serve you!)**

Keynote Speaker - Starla West

### **1:45p.m. to 2:30p.m.: Break-out Session III**

### **2:30pm to 3:30pm:**

Cafeteria

You'll definitely want to stay around for the last hour of the day for a chance to win many door prizes and to mingle with our speakers and attendees.

**Hurry ! Just \$59 per person if you enroll by June 30th!**

# Session Description

SPEAKER	TOPIC	DESCRIPTION
<p>Annie Wilkison &amp; Connie Million Decatur County Memorial Hospital</p>	<p>“Total Control-Women’s Pelvic Health”</p>	<p>Educational presentation with exercise aimed at helping with urinary incontinence.</p>
<p>Jennifer Funk Morgan Stanley Smith Barney</p>	<p>“The Sandwich Generation: Caring for Your Aging Parents”</p>	<p>A guide for those struggling to care for an aging parent and their own dependent children. “A parent to your parent.”</p>
<p>Tim Hosey Timothy Hosey &amp; Associates</p>	<p>“He Said - She Said”</p>	<p>Men communicate on One level while Women communicate on Three. How to understand and be understood better by knowing and using those differences.</p>
<p>Julie Hirschauer Office Pride Commercial Cleaning Services</p>	<p>“Using Our Businesses to Influence Our Communities for the Good”</p>	<p>The number one goal for a business for profit is profit. The use of the profits however is discretionary. What would happen if business owners committed to using a portion of the profits for humanitarian activities? This presentation is a tale of how one company made such a commitment and the resulting changes that have developed within as well as the positive influences that have developed without as a result of that commitment.</p>
<p>Tamera Pauli One Body One Soul Wellbeing Studio ...the Spa of Irwin Gardens</p>	<p>“Empower your Effervescence!”</p>	<p>Hear and see time tested tips from our troupe of experts on yoga, pilates, massage and detox treatments.</p>
<p>Jess Powell Pink House Marketing, Inc.</p>	<p>“Social Media 101: The Power of Social Media”</p>	<p>The presentation covers the basics of social media, impact it has on business, tips for using social media to gain new business and connect with customers.</p>
<p>Blayr Barnard Small Business Development Center</p>	<p>“Women Owned Small Business”</p>	<p>The Regional Director of the Southeast Indiana Small Business Development Center will discuss various issues of importance to women owned small businesses, and strategies to effectively manage those issues.</p>
<p>Stacey Nobbe Helmm, Inc.</p>	<p>“Becoming a Businesswoman”</p>	<p>An overview of how a teacher and mother of 5 has taken a journey to become an inventor and a businesswoman, including challenges and successes.</p>
<p>Mike Gelfgot Anytime Fitness</p>	<p>“Everyday Exercise”</p>	<p>How to fit Fitness into your busy everyday schedule.</p>

**Call 812-663-2832 for more information and to enroll by phone.**



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