

## January, 25, 2012 Dinner Meeting

Pre-Registration is required

Register on our website:

[bpwdurham.com](http://bpwdurham.com)

or Contact :Joanne Cox:

Phone: 905-571-0473

Email: [2resrv@bpwdurham.com](mailto:2resrv@bpwdurham.com)

The  
**Business & Professional**  
Women of Durham  
WHY WALK IN SOMEONE ELSE'S SHADOW — CAST YOUR OWN!



## New Year, New You: Making Change Work

Goals and dreams propel us forward, give us energy, and make us enthusiastic. Everyone should have goals and dreams, but how can you tell whether you will achieve your goal or whether your goal is just a pie-in-the-sky dream?

How do you set a good goal, and how do you stay connected to the goal for lasting change?



Amanda Downs, Certified Performance Coach and Business Consultant, will be speaking about how to quickly identify the barriers that are preventing you from achieving your objectives. She can tell you about how to create a meaningful and connected goals that will inspire and energize you.

Amanda's experience includes more than a decade with an international consulting firm (in the UK and Canada).

She is a business graduate, Certified Professional Coach specializing in positive psychology, a Chartered Accountant and sometimes running instructor. She believes that to fully enjoy life, people need healthy bodies and minds and a desire to explore. She strongly encourages people to push the limits of their comfort zone and discover their potential.

### Reservations are required, seating is limited.

Date: January 25, 2012

Time: 6:00 - 9PM

Guests: \$35.00/person  
(\$40 after deadline)

Members: \$35.00/person

Costs include one dinner, tea/coffee. Please pay server for any alcoholic beverages before leaving.

Location: **The Lobster House**

1450 Kingston Rd

Pickering, ON L1V 1W9

Directions: North side of Kingston Rd  
just west of Valley Farm Rd.

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**or contact Joanne Cox**

**by January 20th:**

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Email: [2resrv@bpwdurham.com](mailto:2resrv@bpwdurham.com)

*Reservations accepted with Credit Card*

*(VISA or AMEX).*

48-hr cancellation notice required for refunds

You will be charged if you reserve and do not attend or cancel

