

GUILT-FREE TIME MANAGEMENT
FEBRUARY 6, 2017 @ 11:00 AM
featuring



Melissa Page Deutsch
Inner Voice



Elizabeth Duncan-Hawker
Red Hawk Strategic Solutions



Suzy Kelly
Jo-Kell, Inc.

WHERE: Clark Nexsen, 4525 Main St #1400, Virginia Beach, VA 23462

WHEN: Monday, February 6, 2017, 11:00 AM - 1:00 PM*

COST: \$25 (Lunch Included), \$5 Student Discount

**11:00 AM check-in, lunch, and mix and mingle. Program begins promptly at Noon.*

For many women in business, balancing work and family life can seem impossible, particularly for women with children and ambitious career goals. Is it possible to have it all? It seems that there is never enough time in the day. But, since we all get the same 24 hours, why is it that some people achieve so much more with their time than others? The answer lies in good time management.

Good time management requires an important shift in focus from activities to results: being busy isn't the same as being effective. There is no "one size fits all" approach to time management, and appropriately so as we each have a unique set of results we wish to achieve. However, there are tried-and-true methods from which we can extract a winning personal strategy. Join us on February 6th to hear from our panel of experts regarding effective time management practices that have worked for them, their clients and peers; take away key, difference-making - and **GUILT-FREE** - strategies that you can apply right away!

WHO SHOULD ATTEND? Anyone wanting to learn about women's business challenges and what people are doing to overcome them.

REGISTER TODAY <https://thewomensforumfeb2017.eventbrite.com>

Contact danbell@hric.email with any questions.

The creators and hosts of this program are: