



Illinois Division Education Bank

One of the Illinois Division strategic goals is to assist the division's chapters to provide programs eligible for recertification points. In order to assist chapters in locating programs, we are collecting information on presentations and speaker contact information.

This list is not inclusive and additional programs will be added as submitted to ID.

Last updated: February 1, 2012

Career Development

The Electronic Job Search - This enlightening program will walk you through the steps of the modern electronic job search from determining which job search sites best meet your needs to setting up job search agents and identifying the most effective way to enter your data into online application forms. We'll discuss key factors of formatting your resume when it is being submitted as an ASCII text cut and paste resume and also look at the various ways hiring companies will be searching their database of candidates so that your resume will float to the top in their searches.

Negotiating Your Career - This program walks you through negotiating your best job offer. We'll discuss why people don't try to negotiate better terms in job offers and why they SHOULD! We'll look at the various factors in a job offer and which have room for flexibility. We'll discuss the timing of your negotiations and how to start as well as how to put yourself in a position of power. Finally we'll look at some of your available options and the key factors to success. These tips will help you become more confident about negotiating your career choices!

Social Media for Career Advancement - This session will walk us through the many ways we can utilize social media for career advancement - from networking to job searching to skills development and more. We'll discuss the pros and cons of social media as it relates to your professional development. Learn how you can take full advantage of this technology and communication style to enhance your career.

Professional Development

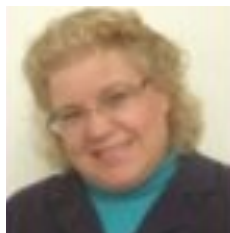
Building Your Skills Portfolio - These days, you can't wait for Corporate America to build a career path for you. You need to carve out your own niche in the world. Learn the secrets of making yourself marketable by building a skills portfolio that will carry you through the challenges that life throws at you. Discover how you can create some simple tools to document your past accomplishments as well as assess your current skill set. Create a career map and develop an action plan to highlight your strengths and overcome your weaknesses. Learn about the myriad ways you can enhance your reputation and improve your career opportunities. Chart a course for your own success! Be proactive and prepared for your next performance review or job search. Whether you are just starting out or are a career veteran, you need this edge.

Working More Effectively - Are you overwhelmed by having too much to do? Would you like to have more balance in your life and more time for YOU? This energetic and informative presentation will showcase dozens of tips to shave time off your tasks both at work and at home by advance planning, streamlining, reorganizing, eliminating, delegating, utilizing technology, and combining tasks. You'll learn to work more effectively and accomplish more in less time. Cumulatively, these tips will add up to HOURS earned. How would you spend an extra hour a day?

Becoming the Renaissance Employee - All too often, our employers pigeon hole us into certain roles, convinced that we have a certain set of skills and they know our potential. This program will help you to get beyond feeling like a small cog in a big machine and discover new ways of encouraging your employer to consider your skills in a new light. We'll discuss critical thinking skills and suggest methods to become more of a partner to your boss and company. We'll explore how you can expand your role into new areas and develop new skills (but more importantly new approaches to your current job). You'll get a better understanding of the different perspectives you can bring to your job to solve problems and become a more valued employee in the process.

Technology & Microsoft Office

Digital Photograph Manipulation in Microsoft Office
 Excel: Tips and Tricks
 Excel: Formulas
 Excel: Charts
 Excel: Pivot Tables
 Office: Sharing Data Between Programs
 Outlook: Tips and Tricks
 PowerPoint: Finessing Your Presentations
 PowerSearching the Internet
 Windows: Tips and Tricks
 Word: Forms
 Word: Macros
 Word: Tips and Tricks



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Building Your Self-Esteem and Confidence

Working with Multiple Bosses

Mapping Out Your Career Goals

Time Management

Working with Difficult Bosses

Working with Difficult Coworkers

Business Etiquette



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Finding and Following Your Professional Passion

- What does it mean to live and follow your passion
- How can we find passion in the workplace
- Small Steps
- Obstacles on the path
- Take action to follow your passion



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Presentations

Action-Packed Writing

- Respect the Vehicle: writing is a powerful means of transportation and can take you where you want to go
- Map it Out: know your destination and purpose for writing
- Pack Light: only use words that aim at and support your purpose
- Check your list - twice: why you need to objectively reread your writing

Back to Square One - How to Package Yourself For a New Job

- The many facets of a resume: why you need more than one
- How to format your paper resumes to command attention
- How to format your electronic resumes for SEO (search engine optimization)
- Sell Yourself: learn how to tap into merchandiser secrets to land your dream job
- On Stage: how to give your best performance from beginning to end and beyond

"What's the Scoop on E-Reader Tablets?"

- Overview on various types of tablets and how they work
- You don't have to give up your "real" books
- Check your e-mail and social networks; share on Facebook/Twitter directly from your book
- Many E-reader Apps can do what iPhone apps do! (day planners, shopping lists, weight loss and exercise tracking, Bibles, learn new languages and so much more!
- Newspapers and magazines delivered daily



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Chapter Educational Programs from IAAP HQ Website

**Training Programs Available for Chapter/Member Use –
May Be Used as IAAP Chapter Activities or Presented by IAAP Members at Their Companies
- Everything You Need to Give a Standing-Ovation Presentation.**

The Education and Professional Development Department at IAAP Headquarters now offers selected training programs to members at no charge in electronic format. Programs are set up for you or a chapter member to facilitate. These programs are 1 to 2 hours in length and may be used as IAAP chapter activities or presented by IAAP members at their companies. You'll receive: program description and step-by-step instructions; equipment requirements; a complete script or detailed notes; and handout masters. Please limit your request to one selection per month. **To request a presentation, send e-mail request with your title selection from the list below to education@iaap-hq.org.**

The following programs are available:

Succession Planning (1 hr)

Author: Mary Ramsay-Drow

Every day of our lives, in some way or another, we experience the opportunity to lead or to follow. In order for each of us to be successful in our professional and personal lives, it is essential that we are able to recognize the qualities of a good leader to be an active contributing member of the team, and to know when to lead and when to follow.

Succession planning is a process to help define who our future leaders are and how to help them reach their fullest potential, through leadership training, succession planning and mentoring, which will help us establish a solid leadership foundation for the future.

This session will:

- Provide an overview of the indispensable qualities of leaders and what individuals can do to cultivate those qualities.
- Analyze succession planning steps to lay the foundation for the future of your chapter or division.
- Discuss mentoring as a tool for leaders to use as part of the succession planning process.

Success By Design: Your Professional Skills Portfolio (2 hrs.)

Author - Susan Fenner PhD

In today's marketplace, you must continually prove your value. Learn how to showcase skills you've developed in IAAP by incorporating them into your own Professional Skills Portfolio. Reword your accomplishments and volunteer experiences to highlight workplace attributes that spell recognition, promotion, and increased responsibilities. Discover the buzzwords that grab the attention of employers and learn better ways to entice members to volunteer for IAAP responsibilities.

Participants will:

- Gain insight into how they can benefit, personally and professionally, from involvement in IAAP, to get training not available on the job.
- Discover that accepting challenging roles in IAAP will pay off in skill development and competing in today's ever-changing workplace.
- Experience opportunities to examine wording typically used by chapters and divisions to recruit volunteers and analyze why it's not working as expected.
- Learn how to reframe volunteer job descriptions to emphasize skill benefits for members and their employers that translate into professional recognition.
- Leave with a plan for highlighting the skills already developed through IAAP and a course of action for getting the skills still needed.

Business Etiquette For The Business Professional (1.5 hrs.)

Author - Susan Fenner PhD

Today's administrative professional is being asked to assume new roles in the workplace. Along with this increased responsibility comes the need to acquire new behaviors and to demonstrate proper business etiquette in various social situations.

Actual demonstrations of business scenarios will provide the audience with opportunities to critique the protocol, manners, and social conventions in four settings. Test your current knowledge of business etiquette and brush up on the changes that have evolved as the workforce becomes more diverse.

This workshop will prepare you for those occasions when you are asked to conduct business in social settings outside the office environment, participate in interviews that affect hiring decisions, and effectively function in team decision making.

We've Got To Stop Meeting Like This (1.5 hrs.)

Author - Susan Fenner PhD

The new administrative skill being required by employers is the ability to facilitate progress in work teams. Admin staff no longer just prepares agendas from rough copy or merely sends out meeting announcements with attachments for their executives. They are being asked to actively participate in work teams and demonstrate good facilitation skills to create group affinity, focus the group on outcomes, negotiate the group through inevitable conflicts, and lead the group to consensus decision making.

Learn what can go awry when groups are not prepared to function on a team basis. Gain valuable facilitation skills that you can use – in your company or within IAAP.

Communication Across Generations (1.5 hrs.)

Author - Susan Fenner PhD

Due to medical breakthroughs and an emphasis on healthy living, it is not uncommon for seniors to remain active and involved well into their 80s and 90s. Youngsters begin their education much earlier, studying what used to be college-level subjects, and can actually demonstrate computer literacy before they graduate from middle school. The sandwich generation may have multiple dependents living under one roof and be stretched to meet the needs of toddlers, adolescents, mid-lifers, and septuagenarians. Many employees report to supervisors half their age; Gen Xers may find their career paths thwarted by all the Baby Boomers occupying upper-level positions.

While communicating across generations has never been easy, it is becoming more difficult today as the number of generations involved increases and there is more of a need for co-dependency to get the results we want – whether at home, at work, or in the community.

This session will look at the value systems of generations and explain the driving forces that shape their beliefs and motivations. Exercises will provide insight into each group's thinking process, teach participants successful techniques for communicating across groups, and will focus on the unique contributions that each brings to the work team.

Market Like A Pro (1.5 hrs.)

Author - Susan Fenner PhD

At some time in our lives, we will all be called upon to display effective marketing skills. For some of us, it may be selling ourselves to a potential employer by creating a dynamic, all-telling resume. For others, we may be asked to develop eye-catching promotional pieces to highlight a new product or service provided by our companies or associations. And all of us, at some time or another, will have to present an idea to a group of individuals to try and gain their acceptance and support for a specific endeavor. The ultimate success or failure of each of these scenarios depends upon how well we position the vitae, items, or concept.

This workshop will provide participants with time-proven methods for reaching audiences and getting them to embark upon a specified course of action – to hire, perform, buy, enroll, or volunteer. Interactive exercises will provide attendees with hands-on experiences to get targeted groups to say "yes." The information provided will be useful for participants to obtain buy-in in the workplace, at home, and in volunteer settings. Lots of take-home ideas and sure-fire suggestions will be provided that will help you sell yourself, your company's products and services, and IAAP as a top-notch professional association.

People Reading: The Vital Role That Active Listening Play In Effective Communication (1.5 hrs.)

Author - Susan Fenner PhD

In today's fast-paced and highly communicative business world, admins must interact with execs, customers and clients, colleagues, vendors, and virtual teammates via cell phones, faxes, e-mail, teleconferences, and face-to-face encounters in both real and cyber time. Customers can be wooed or shooed; execs impressed or distressed; teammates buoyed or annoyed. It all depends on you and how well you listen, *really listen*, each time you interface with another individual.

This interactive workshop will improve your listening skills by:

- Assessing your present listening quotient (LQ).
- Describing the communication process and the role that active listening plays.
- Pointing out the most common barriers to effective listening.
- Perfecting your ability to be empathetic, and feel the message, as well as hear it.
- Discussing proven techniques for enhancing your listening LQ.
- Examining what you can do to keep the conversation going.
- Helping you to decide when to use silence, when to ask questions – and what kind.
- Providing tips for sending a message of care and concern by using appropriate body signals.
- Exploring universal conversation stoppers and what they do to maim healthy interactions.
- Giving attendees opportunities to experience and improve their communication responses through role play and active group participation.

Learn how to become an exceptional communicator by fine-tuning your listening skills and engaging others. Become the empathetic listener who is noted for bringing out the best in others, and in the process, developing the best in yourself.

The Land Of Ah's: Storytelling As A Powerful New Business Communications Tool (1.5 hrs.)

Author - Susan Fenner PhD

Whether you are opening a business meeting, interviewing a candidate for a new position, or trying to coach a recalcitrant co-worker, the hottest new technique used in workplaces today is storytelling. It has become a critical tool for communicating on a deeper, more personal level. And by learning the elements of effectively using stories to get your point across, you can sharpen your social skills, make a memorable impression, and get the results you want.

This workshop will:

- Examine the ways in which stories can become powerful intermediaries – better received and more often remembered than traditional information vehicles.
- Open the possibilities as to how stories can be used in your everyday work and home life.
- Offer valuable tips for analyzing your audience and mentally formulating a message that hits the mark.
- Hone your skills for developing a strong story plot, with characters that enliven and enhance the message.
- Suggest proven accoutrements that can bring your story to life and actively engage the audience.
- Provide opportunities for you to demonstrate your storytelling skills and learn from your peers what motivates, inspires, and moves an audience to action.
- Increase your ability to get your point across with humor and sensitivity, by delivering a powerful visual message.

Building Trust (1.5 hrs.)

Author - Susan Fenner PhD

No one can be successful – personally or professionally – without having the ability to establish, build, and maintain trusting relationships. In truth, trust is the key element in effective communication, gaining commitment, and achieving results. But how do you get others to trust you and your ideas and what do you do if you somehow lose that trust? Can you ever regain it? What's the secret to getting people to trust you when you have never met them in person or if the relationship is long distance?

This session will:

- Explore the basics of trust and why it is so important in any relationship.
- Look at the characteristics of a trustworthy person.
- Provide a self-assessment to measure your individual trust level and trustworthiness as perceived by others.
- Outline an environment that fosters trust.
- Discuss what happens when trust is lost and whether it can ever be retrieved.
- Focus on how to develop trust when the relationship is virtual and/or long distance.
- Analyze why trust is an essential skill for all successful professionals today and in the future.

Grace Under Pressure: Techniques For Maintaining Your Cool When Things Get Really

Hot (1.5 hrs.)

Author - Susan Fenner PhD

Script & PowerPoint Presentation - Revised by Mary Ramsay-Drow CPS/CAP

It seems like a perfect morning, everything is under control; you're on top of things, when all heck breaks loose. A belligerent customer is on the phone demanding to speak to your exec. You spy a memo that calls for all department staff to meet in the conference room at 9:30 to discuss restructuring. You read on your computer screen that the usual annual report deadline has been moved up two weeks to accommodate the printer's schedule. Suddenly, your life is chaos. All your careful planning and self assurance have been supplanted with a racing heart, sweaty palms, and a mind bouncing in a hundred different directions.

Been there? Done That? Don't want to do it again? Then this workshop is for you. Designed especially for busy people who have high expectations for themselves and the various roles they play - at work, home, and in the community - this session will:

- Help you better anticipate who, what, where, why, and how things can go wrong and ways to avert disasters before they happen.
- Analyze your strengths and weaknesses to uncover flaws that could get you in trouble down the line.
- Give you the insight to understand what people mean, in spite of what they say.
- Offer you effective tips for maintaining your cool that go beyond counting to ten, taking a deep breath, and biting your tongue.
- Suggest phrases, techniques, and strategies that will enhance your professional presence and increase your credibility, no matter what your actual authority might be.
- Elevate you to a calm, rational, compassionate, and capable problem solver role model that others can look to for guidance and inspiration.

Avery® Seminar Program Topics

Maximize your office productivity with one of these fun and informative Avery® Workshops!



GET ORGANIZED!

Mounds of never ending paperwork got you feeling frustrated and overwhelmed? Managing multiple people? Get great tips for organizing your workspace and your workload at this special Avery® workshop. See the latest Avery® products that can help you bring order to the chaos!

BUSINESS SOLUTIONS FOR GREATER PRODUCTIVITY

This workshop delivers timesaving tips, image-enhancing ideas and cost-saving options. You will discover software and formatting solutions designed to help you put professional polish on your mailings in a few easy steps and make the most of your time.

GO GREEN WITH AVERY®

Feeling environmentally friendly these days? You'll get loads of great tips on being "green" in the workplace, as well as saving money and resources through recycling and using recycled products. See the whole line of Avery® EcoFriendly™ office products at this fun workshop!

Contact the Avery Dennison Seminar Coordinator at (800) 556-0786, option 1 or at iaap-officeproducts@averydennison.com

- ❖ Schedule a date and time
 - ❖ Reserve a meeting room
 - ❖ Invite the attendees
- ...Let Avery® do the rest

All seminars presented by a trained Avery Dennison representative for groups of 25 or more, dependent on availability and proximity of representative. Avery will accommodate as many requests as possible.

Free Speech Speakers Bureau

A community service project by Ginny Richardson Public Relations (GR-PR)

Free Speech List of Topics

A speakers bureau that matches dynamic speakers from the world of business, healthcare or the arts with your group's program needs for the upcoming year.

This service is completely free.

<http://www.free-speakers.org/>

Free Speech Speakers Bureau

A community service project by Ginny Richardson Public Relations (GR-PR)

Dear program chairman,

Thank you for requesting the list of speakers from Free Speech Speakers Bureau. The people on the list are very interested in talking to your group, for free, of course. We invite you to read all the exciting topics and descriptions.

How it works: after you review the list, note which speakers are of interest to your group. Visit the Free Speech website and fill out the "Request a Speaker" form (<http://www.free-speakers.org/request-a-speaker/>). Please provide the speaker's name, *not the name of the topic*. You can choose just one person or 10, depending on how many programs you want to book at once.

What we do for you is: contact the speaker and give them your name, phone number, and email address. The speaker contacts you back. During *this* phone call or email, provide details about your group and its program needs. Go over dates, times and directions to the location of the talk. Many speakers have bios to share with you. Remember, all these speakers have numerous talks, not just the one listed, so describe your group. Many times the speaker can specifically tailor his or her talk to your group's needs.

It is a firm policy of Free Speech that the speaker returns a call to you within a week. Even if the speaker must decline, he or she will call.

I can't tell you what good things have come of Free Speech for all of us – business contacts, new friends, a chance to give...

Sincerely,

Andy Richardson
Director, Free Speech

Free Speech Topics Available

To request a speaker visit:

<http://www.free-speakers.org/request-a-speaker/>

- * **Take Your Social Media Skills to the Next Level**
Whether you're linking with contacts for job searches or doing B2B marketing, this info packed seminar will give you the tools and tips to reach your goals. He will define social media and explain how to utilize networking sites such as LinkedIn, Facebook, and Twitter.
Andy Richardson, Director of Social Media and Vice President of GR-PR
- * **He Said, She Said...**
Learn how a mother-son business partnership morphed to handle the drastic changes in media awareness campaigns for the fields of business, not-for-profit, arts, entertainment and health. Is "social media" your worst nightmare or your best friend? With humor and candidness, Ginny and Andy will reveal all.
Ginny Richardson, President, and Andy Richardson, Vice-President, of Ginny Richardson Public Relations
- * **Big Profits Now for Your Business**
Trade secrets including six proven techniques that will quickly create large profits even in businesses experiencing losses.
James H. Rubenstein, President, Alert Consultants, Inc.
- * **Sit and Be Fit**
An interactive presentation designed for employees who spend the majority of their work time sitting behind a desk. Demonstration of proper stretching techniques and handouts will be provided.
Dr. Scott A. Cabrera, Chiropractic Physician
- * **Disinheriting Uncle Sam – Estate Planning for Illinois Residents**
With 28 years of experience, Kline explains how Illinois residents should plan their estates to minimize taxes, avoid probate and dispose of assets.
Laurence Kline, Attorney
- * **What's New in Podiatry**
Learn about the latest treatments for all foot and ankle problems, including diabetics.
Dr. George Tsatsos, Podiatrist, Ankle and Foot Center
- * **Back in the Swing**
Betsy will discuss golf-related health and fitness topics. Her talk is very interactive and any length of lecture/seminar is available.
Betsy Voyles, President, Body Balance for Performance
- * **Enhance Your Communications Skills**
This husband/wife team has been successfully training individuals, families and groups in effective communications for 12 years.
Dennis J. McNicholas, Karin G. McNicholas, Mediation Services

- * **Elder Mediation**
Mediation allows families to explore mutually acceptable solutions to difficult problems with parents and elderly relatives. It encourages creative problem solving within the private family setting rather than relying upon the legal system to resolve these issues.
Dennis J. McNicholas, Karin G. McNicholas, Mediation Services
- * **How to Help a Homeless Family Through Your Church**
Find out how your church can sponsor families in apartments to help them improve their credit and increase earning power.
Joyce Hothan and Bob Wahlgren, Bridge Communities
- * **Invest In Yourself**
Learn what a Will can and can't do for you and your estate plan. What is a Living Trust and why do you need one? What are the differences between a Will and a Trust and what does that mean for your estate plan?
John Pankau, Attorney-at-Law
- * **The I&M Canal and Its People**
Why was the I&M Canal built? How does it effect where you live today? "Meet" Timothy James Carr, a muleboy, tillersman, captain and locktender on the I&M Canal during the 1830's!
James G. Carr, Canaller
- * **Children and Grief**
Increase your awareness of children's and teen's grief and how it differs from that of adults. Better understand the 5 challenges that face grieving children and teens and how adults can facilitate their healthy healing.
Kelly Huggins, LCSW, Director of Buddy's Place of Pillars
- * **The Theatre of Western Springs (TWS), A Success Story**
One of a handful of community theaters in the U.S. that has been in continuous operation for more than seven decades, TWS is a remarkable testimony to community volunteerism at its finest. Mary Cattell founded TWS in 1929. Hear the inspiring story!
Bill Hammack, Managing Director, TWS
- * **We Need New Ideas!**
Learn some simple methods for motivating your organization to generate fresh ideas. Everything you need is already there; just bring it out.
Brendan Sullivan, Corporate Creativity Coach
- * **Financial Talks Include:**
Investing 101; Managed Money vs. Mutual Funds; College Savings Plans; Planning for your Retirement Years; Maintaining Investment Focus in Any Market; Women and Investing
Anita D. Kraus, Financial Consultant, Salomon Smith Barney

- * **Leverage the Top 20% to Grow Your Bottom Line**
 Discover why the top 20% of your customer base is critical to your business success. Then learn the steps to increase *your* value.
 Sheryl A. Koning, President of Koning Associates

- * **You Can't Take it with You**
 Will the IRS be your biggest beneficiary? Are estate taxes really eliminated? There are two kinds of people – those who benefit from the tax law and those who don't. Learn the ins and outs.
 Richard Bertucco, Financial Advisor: Ph.D., ChFC, CLU

- * **The Good, the Bad & the Ugly:
 How to Identify Employee Performance Problems**
 It doesn't have to be a showdown at high noon if you know what factors contribute to optimizing a person's job performance. Learn to identify situations and ways to improve your staff's effectiveness.
 Candace M. Zacher, President, The Wayfinding Group

- * **Difficult Conversations: From a Pounding Heart to an Open Mind**
 We all have them, we all dread them; conversations that make your mouth dry and your hands sweaty. Whether with our boss, teenagers, partners or aging parents, these conversations deal with critical issues of life. Learn to make these "must have" conversations easier, more effective and less stressful.
 Jerilyn Willin, Principal, JWillin Consulting, Ltd.

- * **From Boas to Wiener Whistles:
 Tools to Beat Burnout & Fire Up Your Life!**
 In this unique and entertaining workshop you will rediscover your unique strengths and talents, learn how to beat burnout with creative self-nurturing, and come away with keys to fired-up living!
 Joyce Smith, Writer, Speaker, Creative-at-Large

- * **Who Ever Heard of a Docent on an Amtrak Train?**
 Listen to four years of experiences on AMTRAK Train # 21 and #22 between Chicago and St. Louis. Learn about the training and what a docent does to enhance the passenger's trip on the Texas Eagle.
 James G. Carr, Retired

- * **Is Your Nest-Egg Cracked?**
 How confident are you that you can now retire, or if retired that you can maintain your financial independence. Learn what you can do to maintain the life-style to which you have become accustomed, even in down markets.
 Richard Bertucco, Financial Advisor: Ph.D., ChFC, CLU

- * **How to Become a Millionaire**
 Learn five proven strategies to become a millionaire.
 James Rubenstein, Alert Consultants Inc.

- * **Finding a Success that Matters**
 We all want it, work hard for it, but often are left feeling let down. Re-thinking our views of success and how to achieve them.
 Thomas Perrucci, Principal, Designer Baskets, Ltd.
- * **How to Make a Presentation Without Passing Out**
 Public speaking is the #1 fear of adults, yet we are asked to do it all the time: proposals to clients, reports to committees, readings, toasts, presentations. Does it ever get easier? Yes, it can! Laugh and learn: physical and mental techniques to turn nerves into positive energy, how to keep audiences engaged, and techniques to help you think on your feet and confidently handle questions from the audience.
 Jerilyn Willin, Principal, JWillin Consulting, Ltd.
- * **Less Stress Move: Taking the Mystery Out**
 Learn how to overcome the challenge long time home owners face when they are hesitant to sell their homes, but they know they should. Topics covered: What do I do with my stuff? Where do I go? How do I do it?
 Dale Tippett, Broker Associate, Allied Realty Corporation
- * **Effort Counts; The Value of Trying**
 Fall forward and you will soon realize that you're farther along than you thought. Be responsible but take action!
 Dale Tippett, Broker Associate, Allied Realty Corporation
- * **Need Memory: Fire up the Brain**
 Dr. Brannigan will turn your everyday routine into a brain stimulating, therapeutic program. The talk includes steps to take for improving your memory, mood, balance and energy level. Apply functional neurology (brain stimulation) to your life.
 Joseph Brannigan, D.C., Brannigan Chiropractic Center
- * **Safe Communities - Safe Kids**
 Dr. Litow addresses keeping schools a place for learning, not fear. He brings basic and reasonable insights into how each person can make a difference in our communities to keep students safe.
 Dr. Michael Litow, Executive Director, The Education Center
- * **Not Paying For College**
 For many families college tuition is the largest expense they will face. Unfortunately, most families go into this stage in life uninformed and unprepared. Learn strategies that enable your family to reduce the overall cost of a college education.
 Joseph Orsolini, CFP, CCPS, President, College Aid Planners, Inc.
- * **Light the Fire of Community Service**
 Inspire your group or organization with Community Nurse Health Association, a not-for-profit agency that provides health and dental care to low-income families. Learn how it can touch the entire community!
 Terri Rivera, Volunteer Coordinator, Community Nurse Health Association

- * **Employee Productivity is in Your Hands**
This talk covers the impact a manager has on employee productivity and ways to capture increased productivity.
Sheryl A. Koning, President of Koning & Associates
- * **Runner's Clinic**
Learn tips and problem solving to run more and hurt less. This talk is for a sports medicine crowd or a runners group.
Dr. George Tsatsos, Podiatrist, Ankle and Foot Center
- * **How To Get Where You Want To Go**
Understand any human situation from business dealings to childcare to your own health through a powerful theory of emotion. author of "How To Get Where You Want To Go" and "Twelve Steps to Emotional Health" might change everything.
Brian Lynch, M.D., S.C., Physician and Author
- * **Fear, Greed and the Emotional Battle for Your Investing Dollars**
An explanation of how basic emotions clash internally when dealing with investing money. Learn how controlling these emotions can help increase investment returns.
Charlie Munro, Registered Investment Advisor, Adjunct Professor, Economics and Investment Theory
- * **The Top 6 Ways to Generate High Quality Leads for Your Business**
In today's ultra competitive business world, high quality leads are worth their weight in gold to a small business owner. Professional Business Coach Tom Kelly will discuss the top six ways to generate high quality leads.
Tom Kelly, Business Coach, Potential In Motion, Inc.
- * **Leadership - A Spiritual Path**
Developing and applying the principles of leadership can be a rewarding experience and also a path to increased spirituality.
John Gobert, President, Insp "Oration"
- * **Buff Up Your Business – 7 Strategies for Small Business Success**
Are you ready to take your business to the next level? Professional Business Coach Tom Kelly has 7 strategies that will help you take your business into the stratosphere
Tom Kelly, Business Coach, Potential In Motion, Inc.
- * **Make Your First Impression Positively Powerful**
Gain valuable information on how to develop a powerful presence that's lasting and memorable. This program will reveal the key elements of a professional and polished image.
Susan Fignar, President, Pur-sue Inc.

- * **Keeping Your Memory in Shape**
Learn tips on how to help reduce the risk of dementia by keeping your brain as mentally sharp as possible. It can be done!
Jackie Raschke, Director of Dementia Services, Birches Assisted Living
- * **Investing for the Totally Confused**
Are you totally confused when it comes to investing your hard earned money? What's the difference between: a stock, a bond, a mutual fund? Understanding these basics can help you make better investment decisions. Do you know your risk tolerance? Seven simple questions can help you identify the right asset mix for your investments.
Laverne M. Carlson, Financial Advisor, Waddell & Reed, Inc.
- * **Follow the Baby Boomers and Revitalize Your Investments**
An explanation of the five basic attitudes of the Boomer generation and how they can contribute to financial investment success.
Charlie Munro, Registered Investment Advisor, Adjunct Professor, Economics and Investment Theory
- * **Get Out There**
Nick's energetic presentation is based on 25+ years of experience in marketing, positioning and business development. He'll focus on leveraging marketing dollars, relationship building, follow up, building referral networks, acquiring and retaining clients, being a resource to others, communications, and being out in the marketplace.
Nick Keseric, author of "Get Out There" and Director of Practice Growth for Mulcahy, Pauritsch, Salvador & Co.
- * **Strong Women, Powerful Financial Strategies**
Learn about unique issues women face when planning for their financial future in dealing with divorce, separation and widowhood.
Christine Thomas, Certified Financial Planner, American Express Financial Advisors, Inc.
- * **You Just Don't Understand**
Trisha explores the unique differences of communication styles between men and women and how to bridge the gap.
Trisha Svehla, President, Managing the Mosaic
- * **Go No Further! How to Market and Sell Your Book (or ANYTHING)**
Jim Durkin will explain how marketing and selling a book is comparable to selling any product. This published author discloses his own successful strategies using a lively speech format that keeps the audience entertained.
James T. Durkin, Author, College Instructor and Investigator
- * **You Can Still Win. It's Your Choice!**
Learn how to turn a setback into an unforgettable bounce-back. Turn adversity upside-down, inside-out, leaving you right-side up!
Shawn Ramey, President and CEO, Mastering Success, Inc.

- * **Recipe for Financial Freedom**
Roman describes an easy to understand (and attain) definition of financial freedom using stories and examples in a interesting, fun and interactive presentation.
Roman Brzozowski, President, Elite Detailing Service
- * **From Geeks to Geezers - Managing today's Generational Mix.**
This topic explores the 4 generations in today's workforce, examining the expectations of each generation and management skills needed to create an inclusive and cohesive work environment.
Trisha Svehla, President, Managing the Mosaic
- * **The Funniest Comedians of Radio and Television**
Relive the laughs and skits of Milton Berle, Sid Caesar and Imogene Coca, Burns and Allen, Red Skelton, Jackie Gleason, Fibber McGee and Molly, Victor Borge, Jack Benny, Lucille Ball, The Bickersons and many more.
Larry Bergnach, Founder, Reminiscing with Larry and Vision Builder
- * **Riding the Wave**
Can the study of ocean waves can help forecast financial markets? As with waves on the ocean, financial market activity ebbs & flows in cycles that repeat. David developed a method that forecasts financial markets with proven precision. This talk will debunk traditional investment principals and give you a completely new insight into investing.
David R. Nielsen, President, Big Wave Advisors
- * **Avoiding Financial Pitfalls**
Learn the most common money mistakes made by intelligent people, and the little known strategies for avoiding them.
Katie Morris, Financial Advisor, Corner Stone Asset Management
- * **Compulsive Gambling: The Hidden Addiction**
Learn about the gambling addiction in this informative presentation. Scott will present an educational session for awareness purposes.
Scott Damiani, Outreach Foundation for Problem & Compulsive Gamblers
- * **Raising Money Smart Kids**
Learn some simple techniques you can use to train your children (whether they are five or 25) to develop good money habits they can use for the rest of their lives.
Katie Morris, Financial Advisor, Corner Stone Asset Management
- * **Understanding Medicare and Medicare Part D - the New Prescription Drug Benefit**
This talk is an educational overview of Medicare including the new prescription drug benefit. Topics will cover eligibility, enrollment, benefits and a Q&A.
Dan Cantu, Community Relations Specialist, BlueCross of IL

- * **How to Start and Grow Your Own Business**
Learn how to start a business with proven methods. Discover new and exciting business concepts that will have everlasting impact in your start-up business.
Shawn Ramey, President and CEO, Mastering Success, Inc.
- * **Philanthropy 101**
With nearly 30 years of experience as a certified fundraising executive, David is knowledgeable in fundraising, charitable giving, not-for-profit management, grantmaking, volunteerism, and more.
David M. McGowan, CFRE, President, DuPage Community Foundation
- * **Your Website: Building Big Returns on a Small Investment**
Learn how to get a big return on a small investment by building a website that accomplishes your ambitious marketing objectives.
Jeffery James, Spire2 Communications
- * **The Internet Advantage: Leveraging E-mail to Market Your Business**
Jeffery shares the fundamentals of developing a successful marketing strategy to harness the benefits of one of the lowest cost marketing tools available...e-mail.
Jeffery James, Spire2 Communications
- * **Knowledge Creates Wealth**
If you do what wealthy people do, do you believe you will get what they have? This talk is an introduction into a new lifestyle, financial strategies and resources that have only been available to the wealthy – ‘til now!
Rhonda Faile, CEO, Prosperity Redemption
- * **Investing for Your Future**
Are you prepared for your ideal retirement? Today’s turbulent economic climate has many worried about current investments. Make sure your retirement years are enjoyable.
John Seagraves, Financial Advisor, Waddell & Reed
- * **Breast Health: What every woman should know**
Debbie, a 5 year breast cancer survivor, shares her own story while demonstrating the importance of good breast health and positively emphasizes the “can” in cancer.
Debbie Williams, RN, Cancer Institute, Alexian Brothers Hospital Network
- * **Find Balance As You Juggle It All**
This talk will help busy professionals achieve peak performance and work/life balance by sharing a simple, fool-proof methodology.
Kathleen Peterson, President, Equinox Associates, Inc
- * **Succession Planning in the Family Owned Business**
Develop a plan for your succession that keeps the family together while ensuring the family’s business’ continued success.
Bernard Liebowitz, Ph.D, President, Liebowitz & Associates, PC

- * **Organize Your Health History...and Get the Treatment You Deserve**
An organized and thorough health history gives healthcare providers a more complete picture that can save precious time in recognizing symptoms and the correct diagnosis. This presentation will reveal how to be better prepared in a medical emergency.
Denise Pozen, President, Pozen Services, Inc.
- * **Outsourcing Today**
Outsourcing sales and marketing is prevalent with small/medium size manufacturing, distributing and service companies. Explore outsourcing possibilities such as health insurance, benefits, recruiting and accounting.
Ralph Considine, Power Sales Management
- * **E-Marketing: Incorporating Cost-effective Email for Driven Results**
E-mail marketing is the solution to projecting expertise and keeping in touch with clients and leads. Learn how to integrate quality emails into a current marketing plan and website to drive relationships and results.
Lisa Ghisolf, President, Gizmo Design, Inc.
- * **Embracing Your Creative Side**
Learning and understanding the Seven Stages of Creativity™ demystifies the creative process while teaching audience members how to avoid self-sabotage. Embracing and applying the Seven Stages greatly benefits professional and personal lives.
Laura Thoma, Owner, Thoma Designs
- * **Streetwise Newspaper**
The founder of Chicago's "Streetwise Newspaper", Judd Lofchie will show his Emmy Award winning video and provide a presentation. "Streetwise" has employed over 8,000 homeless persons and sold 12 million copies.
Judd Lofchie, President, Judd Lofchie & Associates, Inc.
- * **Exploring Business Ownership as A Career Alternative**
This presentation looks at some push and pull factors for considering business ownership. We will discuss the pluses and minuses of business alternatives and present a recommended approach for investigating business ownership.
Mike Davis, Coach/Consultant, The Entrepreneur's Source
- * **Natural Pain Control and Your Child's Health**
Discover how to keep children off medication and antibiotics using natural, drug free ways to control your child's pain.
Paul Varnas, Chiropractor and Nutritionist
- * **The Healing Power of Energy Psychology**
Eva's introduction and healing demonstration will change limiting (negative) beliefs into positive, supportive affirmations.
Eva Dahm, Coach Catalyst

- * **Property Tax – An Appealing Question**
Are you overtaxed? Learn how to reduce your real estate taxes. Larry customizes his program for each group.
Larry Labus, Real Estate Tax Expert

- * **Songs and Stories of Al Jolson, Judy Garland and Liberace**
Enjoy listening to recordings of these music icons and singing along. Reminisce about their lives, careers and their impact on the movies, radio, TV and Broadway.
Larry Bergnach, Founder, Reminiscing with Larry and Vision Builder

- * **How to Help Students Succeed not only in School, but in Life!**
Dr. Litow will discuss how the involvement of parents, teachers, students and the business community helps students achieve success. He helps kids find mentors, jobs, internships.
Dr. Michael Litow, Executive Director, The Education Center

- * **Reduce your Commercial Industrial Property Taxes**
Can you appeal your commercial property taxes? Larry can take a look and inform you how to reduce your taxes.
Larry Labus, Real Estate Tax Expert

- * **Reduce Your Business Taxes**
Save substantial tax dollars by establishing the right qualified retirement plan for your business. Vimal engages the audience in this workshop for business owners, physicians and self-employed individuals.
Vimal Prajapati, AAMS, Financial Consultant, A.G. Edwards & Sons, Inc.

- * **Better Investment Strategies for Today's Retirees**
You have worked hard for years to build your portfolio, now it's time for your portfolio to work hard for you. Vimal walks through the investment concerns of today's retirees.
Vimal Prajapati, AAMS, Financial Consultant, A.G. Edwards & Sons, Inc.

- * **Planning your Retirement Paycheck**
This program tells how to how to structure income to receive a consistent stream of income while retired. Christine defines retirement needs and innovative sources for income.
Christine Thomas, Certified Financial Planner, American Express

- * **Latin Power: How to Understand this Market and Grow your Business!**
Learn what's important to the growing Latino population in the United States. Capitalize on this knowledge and grow your business.
Cecilia Guzman, Licensed Clinical Professional Counselor

- * **The Small Business Survival Kit**
Every year thousands of small businesses launch, yet many fail and many more fail to thrive. Learn the keys to survival.
Brad Farris, Anchor Advisors, Ltd., Small Business Advisor

- * **Called on the Carpet: A Tapestry of Awakenings**
Cassandra “The Diva of Dialog” Lee knows firsthand the value of learning from personal mistakes. Her entertaining and candid presentation shows important life lessons about career, finance and relationships.
Cassandra Lee, SSANEE, Inc., An “Edutainment” Company, President/CEO
- * **Careers Designed with Moms in Mind**
Being a mom gives you a beautifully unique opportunity to revive the life dreams you had before launching your career. Learn self-discovery exercises to embrace activities simply for the pure joy of them and hear ideas for using your talents and business skills in new ways.
Nichole Santoro, Career Salon, Life & Career Coach
- * **Understanding and Leading Others through Change**
Make change work for you by understanding the inevitability and advantages of change. William will teach how to identify the characteristics and stages of change and what to do with them.
William Forssander, President, CODA Consulting Group, Ltd.
- * **The Distinct Advantages of Mature Minds**
There have been recent “good news” discoveries about the active, mature adult. Learn about the positive differences of the mature mind.
William Forssander, President , CODA Consulting Group, Ltd.
- * **Winston Churchill's Life: An Executive Success Story**
The life of Winston Churchill personifies the principles of executive success as spelled out by Peter Drucker. This talk illuminates the life of this great man and illustrates the principles of executive success.
Daniel N. Myers, Executive Director, The Churchill Centre
- * **Managing the Stress in your Life**
Stress is ultimately the cause of *all* illness and disease. Being aware of the different stresses in our life and learning ways to manage them is essential to long term health and happiness
Dr. Brady Schuyler, Clinic Director, HealthSource of Willowbrook
- * **CASA: The Importance of Advocacy**
Imagine yourself a child and being moved into a different foster home for the third time - a new room, new people, new school, and new neighborhood. It is vital that the same advocate follows a child through a confusing court system.
Karen Patton, Court Appointed Special Advocates (CASA)
- * **Remodeling 101**
Remodeling our homes is something we may do once in our lifetime. Don't walk into it blindly. Stephanie will not only educate you on the ins and outs of current remodeling trends in kitchens and bathrooms, but she will cover what should be your expectations when hiring a contractor.
Stephanie Bullwinkel, Designer, Imperial Kitchens and Baths, Inc.

- * **When Everyone Helps, Everyone Wins**
An upbeat discussion about choosing to pursue the opportunities that life presents to us and the profound positive effects we can all share.
Larry “The Turtle” Spone, President, Fencepost Communications
- * **After Columbine and September 11 - Keeping Your Schools Safe and Drug Free in a Dangerous World**
No school or community is immune from violence and danger to its children. Learn what schools can do to help keep children safe and drug free.
Dr. Ray Lauk, Education Marketing Manager, GE Security
- * **Continuous Improvement: A presentation on the Plan-Do-Check-Act improvement cycle.**
Larry helps the audience understand how the PDCA improvement cycle applies at home, work or any non-profit organization.
Larry J. Lee, President, Lee Coaching and Consulting
- * **Improving Your Public Speaking Skills**
This interactive and fun presentation addresses the fear of public speaking. Larry helps the audience learn how to prepare for their talks and use props.
Larry J. Lee, President, Lee Coaching and Consulting
- * **How to Raise a Money Smart Child**
Giving your child or grandchild a primer on money management skills can have a positive effect their entire lives. During the talk you will learn how to start teaching your child or grandchild about financial goal setting and self discipline and the basics of making wise money choices.
Roger Smith, Financial Advisor, Edward Jones
- * **Effective Meetings and Events are Key to Business Success**
Face-to-face communications is critical for effective 2-way conversations. It helps focus effort, improve morale, establish trust, persuade, sell products and recognize achievement – all keys to business success.
Ron Springer, President, Esprit Productions
- * **Seven Secrets to Selling Yourself Successfully**
Starting with how to come from a place of strength and self-confidence and ending with a laundry list of 77 simple self-promotion suggestions, this is a presentation that will boost anybody’s career.
Tammy Cook, Professional Coach, Renaissance Minds
- * **Standing Ovation Business Presentations**
The success of your career will be significantly impacted by your ability to effectively convey your thoughts to others. Discover how to get those butterflies to fly in formation. Learn how to ensure the people you speak with take away the right messages.
Ron Springer, President, Esprit Productions

- * **Retirement: Planning Beyond the Numbers**
Learn more from Personal Advisors of Ameriprise Financial about the process we use to help you realize your dreams and goals, whatever they may be, by shaping your financial solutions.
Irene Cavanaugh, Financial Advisor, Ameriprise Financial Advisors
- * **Career and Job Search Strategies**
"What am I going to do when I grow up?" is a question we hear from people of all ages. The strategy for getting a job (interviewing, resumes, etc.) is always an important topic. Sander will provide an overview or address specific topics.
Sander Marcus, Ph.D., IIT Center for Research & Service
- * **Reverse Mortgages: Retiring on the House**
Learn how reverse mortgages can help seniors 62 and over tap the equity in their homes - tax-free and with no monthly payments - to pay for such things as medical expenses, home care, travel, home improvements, or to increase their monthly cash flow.
Mark Schmidt, Reverse Mortgage Specialist, Financial Freedom
- * **The Road Map to Your Child's Success**
Parents will be given a road map to help increase their child's self esteem and prepare them for success in our complex society. They will learn how to interpret many signs and signals and to navigate the roadblocks that inevitably occur along the way.
Breena Freid, Licensed Clinical Social Worker
- * **Just the FAQs: Answers to Common Questions About Reverse Mortgages**
While reverse mortgages have gained significant popularity, even some of the most basic facts about them are often misunderstood. Learn from the expert on how reverse mortgages can make those "golden years" a little more golden for you or someone you know.
Judy Maloney, Reverse Mortgage Specialist, Mortgage Services III, LLC
- * **Heifer International: How and why it works**
Heifer International is an organization dedicated to relieving global hunger and poverty. Find out what it is, how it works, why it works, and how to become involved. Hear stories of personal visits to Heifer projects in Africa, Asia, Europe, and South & North America.
Kenneth Schroeder, Volunteer Speaker, Heifer International
- * **Energy Infusion: 10 Easy Ways to Boost Your Energy**
Tammy shares ten easy ways to boost energy, many of which will be performed there on the spot to reinforce learning. Attendees will leave with a handy quick reference sheet.
Tammy Cook, Professional Coach, Renaissance Minds

- * **Taking Charge of Your Retirement**
Learn the key social and economic issues people will face in retirement as well as the steps to take to make sure your money lasts after you've stopped working.
Michael Magnuson, Wealth Manager, Lincoln Financial Advisors
- * **The Stock Market and Major Events since 1941**
Learn the trends of the stock market during major events in history. Find out how to benefit from a long-term perspective and how to become a winning investor.
Michael Magnuson, Wealth Manager, Lincoln Financial Advisors
- * **Throw Out the Baby with the Bathwater**
Find out why most annual review programs don't work and what you can do in just 20 minutes a month to turn that perfunctory, usually dreaded function into gold.
Dianne M. Michels, Human Resources Strategist, SerendipityHR
- * **Strategic Staffing Systems**
Hire the right people for the long haul! It's more than chemistry and skills. Learn about the ten key elements to attract and retain your best talent.
Dianne M. Michels, Human Resources Strategist, SerendipityHR
- * **Helping Churches**
It's creative, it's exciting and it is a real solution to helping churches financially. There is no other program like it anywhere in the world.
Ken Manz, Owner, Help A Church
- * **Humoration and the "Be-Attitudes"**
To create positive behavior in the workplace, leaders at all levels must live it! The "Be-Attitudes" will inspire increased communication, creativity, morale and productivity as well reduced stress, less conflict, acceptance of change and better health. Humoration is the application of fun, humor, laughter and play to "operationalize" the attitude.
Charles "Chip" Lutz, Czar of Humoration, Fun Squad, Inc.
- * **Medicare Benefits / Interactive Presentation**
Diane gives an interactive Medicare presentation describing preventive benefits under Medicare Part B.
Diane Adduci, Community Relations Specialist, Blue Cross and Blue Shield of Illinois
- * **How Antioxidants can Lead You to a Higher Quality of Life.**
Learn about the way food works to give the body what it needs to keep it healthy, shown from a raw food chef perspective with research to back it all up.
Gregg S. Kuhnen, Health Consultant, Circle of Well Being, Inc.

- * **Five Fatal Mistakes Women and Men Make in Negotiations**
Learn how to make negotiations a win/win situation even when both sides have very different opinions. Find out how to come to some level of agreement in a non-combative way without giving up your power.
Robin Tennant, Vice-President, Jupiter Realty Services

- * **The Infertility Journey**
As a patient advocate, Mindy Berkson helps individuals and families navigate through the decision making process as well as identify resources appropriate for individual emotional, physical and financial needs.
Mindy Berkson, Infertility Consultant, Lotus Blossom Consulting, LLC

- * **The Real Estate Revolution**
Learn a three-tiered approach to real estate investing and building wealth. Geoff takes the audience through beginning, mid-level and advanced real estate investment techniques, while entertaining and educating.
Geoff Thompson, CEO, Global Wealth Solutions

- * **Communicate with Credibility**
Perception is everything, especially when it comes to public speaking. Learn the secret to what audiences use as their “credibility meter” when they listen to you speak.
Jeff Hornstein of Adams Communications Consulting, Inc.

- * **Is Complementary and Alternative Medicine for Me?**
More than 60% of Americans use some form of alternative medicine when ill. Find out what alternative approaches are right for you in this informative overview by a professional practitioner.
Rose Mattax, Founder, From The Heart Center

- * **Healing Depression Naturally**
Learn five essential steps to feel balanced, vital and fully alive while building a depression and anxiety-free lifestyle.
Rose Mattax, Founder, From The Heart Center

- * **In Search of the Magic Pill**
Cindy shares her journey down a path of interconnected discoveries about alternative healthcare, quantum physics and the ‘Law of Attraction’ to solve anxiety, depression, ADD, anorexia, etc.
Cindy Koziarz, Alternative Health Care Practitioner and Certified Law of Attraction Coach, Cindy’s Alternatives

- * **De-clutter and Sell Your Treasures on the Internet**
Join eBay Power Seller Anita Fontana for a relaxed, fun and informative class that will reveal insider tricks, do’s and don’ts and marketing secrets to get the highest price for treasures.
Anita Fontana, eBay Power Seller, Da Vinci Discoveries

- * **Energy Conservation - Common Sense Trumps Technology**
Learn about opportunities to dramatically reduce your home or business's impact on the environment by making small changes and improvements.
Thomas M. Wangler Jr., Owner, Confident Aire, Inc.
- * **The Management of Business Processes**
Learn how improving business processes can improve an organization's efficiency, effectiveness, internal controls, adaptability, customer service and more.
Beth Keno, Managing Director, BKB Advisors, LLC
- * **Why Strategic Planning is So important**
Planning is about looking forward, providing focus, and taking action. Beth will explain how a disciplined analysis and decision-making process can take a company from being one who reacts to events to one that *drives* events.
Beth Keno, Managing Director, BKB Advisors, LLC
- * **Hypnosis: Fact vs. Fiction**
Dr. McNally will educate and inform about the benefits of hypnosis. Topics include a brief history on hypnosis, how it works, how it is used to change and improve our lives.
Dr. Jerry McNally, Owner, McNally Coaching & Hypnosis
- * **Anti-aging: Fountain of Youth or Fanciful Hype?**
Dr. McNally takes a holistic look at aging and what people can do to improve the quality of their years.
Dr. Jerry McNally, Owner, McNally Coaching & Hypnosis
- * **Retirement Planning- From Incubation to Manifestation**
This program will focus on the psychological and financial strategies and opportunities that help people transition to retirement.
Karen L. DeRose, Certified Financial Planner, Lincoln Financial Advisors
- * **How to Create a Referral System to Grow Your Business Fast!**
Jeremy will present a step-by-step process of how to build a referral system. He discusses when and how to ask for referrals and what methods and techniques are most effective.
Jeremy J. Ulmer, CEO and Owner of Gamma Ray Coaching
- * **How to Cold Call, Prospect and Sell like a Pro!**
You need a certain mindset for cold calling, and Jeremy will discuss the proven technical aspects. There are systems to implement to make cold calling highly effective.
Jeremy J. Ulmer, CEO and Owner of Gamma Ray Coaching

- * **Be Nice to Your Kids. They May be Picking Your Nursing Home**
 When people live a long life, they are likely to experience health changes that could create over-burdened families. Melodee will discuss ways to maintain control over such decisions.
 Melodee J. Leimnetzer, President, M.J.L. Long Term Care Solutions, Ltd

- * **If You Plan to Live a Long Life, You Need This Information!**
 This talk explores the impact living a long life can have on health, financial security and family. Melodee will discuss appropriate planning options to protect the family and personal assets.
 Melodee J. Leimnetzer, President, M.J.L. Long Term Care Solutions, Ltd.

- * **Exercise is Medicine**
 Many problems and conditions can be improved or cured with exercise or, more importantly, activity! Rich will discuss results of real clients and the importance of commitment to lifestyle change.
 Rich Jeka, Owner, Train at Home

- * **How Far Would You Go to Keep Your Family Together?**
 Marlin tells his family's story about ending dissension and turmoil. Headed for disaster, the family took unique steps to bring the family back together. This is a true story about family.
 Marlin Keesler, Author, Speaker

- * **Discovering your Memory Power**
 Lonny, a professional speaker, will facilitate an interactive and fun 45 minute workshop about the power of memory. Audiences will learn the benefits such as less stress, increased income, higher sales, a boost in confidence, better time management, and improved relationships.
 Lonny Hogan, Chicago Memory Training

- * **Traditional, Alternative and Optional Health Treatments for Long Life**
 Hear what the experts say: reflexologists, iridologists, biochemists, dentists and professors. An author and TV host, Karen brings experience as an ER, psychiatric and home care nurse.
 Karen Gibson, RN, CCM, CEO of AmericaNurse Wellness Education

- * **“The Secret” Law of Attraction + Passion = Bliss**
 Money, love and happiness. Are they truly what you want? Stand back and look at your life. When you add passion to the law of attraction you find the gateway to our infinitely abundant universe.
 Richard L. Darnell

- * **Iridology, Relexology, Hydrotherapy and Bio Ray Energy**
 Reading the eyes is an age-old testing method. Adding reflexology (pressure points) on the body and extremities show the way to alleviating pain and other symptoms.
 Anthony P. Koufos, Naperville “Naturopathic”

- * **What is Deep Venous Thrombosis (DVT)?**
 Jim Durkin will share his insight and experiences on this very serious medical condition that kills thousands of Americans each year. More importantly, he explains what are the symptoms, what to do if you suspect you have this, and steps you can take to prevent it from starting.
 James T. Durkin, Author, College Instructor and Investigator
- * **The Real Estate Crisis**
 The talk focuses on what we can do to protect ourselves and take advantage of the “buyer’s market.”
 Paco Aramburu, Real Estate Agent, Major Enterprises, Inc.
- * **How Did We Get into this Mess?**
 Paco will present a brief synopsis of the market factors that almost lead to the collapse of the entire banking system.
 Paco Aramburu, real estate agent, Major Enterprises, Inc.
- * **What in the World is a Reverse Mortgage?**
 Reverse mortgages are available to homeowners age 62 and over. No monthly payments are required, and the loan becomes due upon the sale of the home. It cannot be foreclosed!
 Anthony V. Ricchiuto, Consultant, Wells Fargo Reverse Mortgage Division
- * **The Future, The Crystal Ball, The Prediction**
 Anthony will forecast the real estate market in the next six months. The end of the talk will be questions and answers.
 Anthony V. Ricchiuto, Consultant, Wells Fargo Reverse Mortgage Division
- * **Protecting your Portfolio and Retirement: Today's Essential Planning for Investing and Prospering"**
 Susan will discuss the ten steps on how to plan and protect your future. She will include investment strategies that are essential to ones investment portfolio. This will be done utilizing case studies that are applicable to the audience’s demographics.
 Susan Templeton MBA, Founder and Partner, Stafford Wells Advisors and regular contributor to *Today’s Chicago Woman* magazine
- * **Websites & Podcasts & Blogs...Oh My!**
 Brian will tell how to effectively use free eMarketing tools to better communicate with potential and existing customers. He also covers good eMail marketing as well as traditional media.
 Brian Basilico, B2B Interactive Marketing
- * **Senior Living Myths Unmasked**
 Having toured more than 170 senior communities, Andrea offers advice about what to look for when searching for alternative living for a senior. Her researched facts will demystify the myths.
 Andrea Donovan, President, Andrea Donovan Senior Living Advisors

- * **Developing Outstanding Customer Service**
 There is competition for virtually every business and organization today. To stand out from the herd, you *must* deliver outstanding customer service. Nothing resolves issues as cost effectively.
 Terry Bass, President, Chadons Resources Group

- * **Networking 2.0 – How to Business Network**
 Business networking is a requirement. Knowing things you should be doing (or not doing) while networking can make the time you spend more productive, less stressful and more enjoyable.
 Terry Bass, President, Chadons Resources Group

- * **The ‘Eyes’ Have it: Advances in Eye Care**
 A Larson Eye Center physician will talk about exciting advances and new technology in eye care, common diseases in the aging eye, plastic surgery of the eye, BOTOX, and LASIK. Talks can be tailored to the audience. Free vision screenings included.
 Lauren Musial, Larson Eye Center, Ltd.

- * **Reflections Along the Way ... in Poetry**
 Having recently completed her poetry book, Cathy Lou will inspire audiences about the motivation which led her to write it. Then she will recite a few of her favorite poems.
 Cathy Lou Pearson, Author, C.L. Pearson Ent., Ltd.

- * **Eight Big Mistakes Investors Make**
 Recognize the classic mistakes investors make and (hopefully) learn how to avoid them.
 Michael Magnuson, Wealth Manager, Lincoln Financial Advisors

- * **Ten Ways to Protect and Grow your Business**
 Michael will present good ideas and sound business practices for small business owners.
 Michael Magnuson, Wealth Manager, Lincoln Financial Advisors

- * **Staying Optimistic in a Volatile Market**
 Since the stock market began, there have *always* been periods of volatility. This seminar addresses concerns and provides concrete reasons to stay optimistic.
 Laurie Hackler, Financial Advisor, Broker Dealer Financial Services Corp.

- * **Sway Factor: Networking in a Digital Age**
 The audience will learn how to make friends and influence people in a digital age utilizing nothing more than some common sense and courtesy. Learn about Facebook and LinkedIn.
 Sima Dahl, President, Parlay Communications, Ltd.

- * **Silos, Barriers, Tyrants: What's it Costing You?**
 Sadly, three conditions seem to exist throughout many organizations: disengaged employees, lousy managers and a lack of a process. Rich's will discuss proven solutions.
 Rich Chiero, President, CORE Consulting, LLC

- * **Social Networking for Sales**
 Sima shows business owners and rainmakers how to use social networks like Facebook and LinkedIn to create a strong personal brand, generate leads and close business.
 Sima Dahl, President, Parlay Communications, Ltd.

- * **Learn Focus and Relaxation in your Home and Office**
 Elizabeth will teach organizing techniques on how to get focused, get things under control and be relaxed in your home and office.
 Elizabeth Fuchs,CPO®, Owner, Organized To Perfection

- * **Villagers on Mt. Kilimanjaro dream of clean water**
 The Uru People in the villages of Mt Kilimanjaro have a dream of clean water. "It Can Be Done!" has entered into a partnership with the people to raise awareness and film a documentary.
 Margaret A. Braband, Founder, It Can Be Done!

- * **Strategic Planning for Non-Profits**
 Some non-profits think strategic planning is unnecessary. Learn how a little strategy can boost your group from just another organization to a *remarkable* organization.
 Judy Twist, Administrative Manager, Edelman, Inc.

- * **Personal Safety and Self Defense**
 Joe will tell how to recognize and avoid dangerous situations and how to react to them if necessary. Programs are available for realtors, healthcare professionals as well as the general audience.
 Joe Rosner, Self-Defense Teacher, Best Defense of Illinois

- * **Non-Profit Business Strategies**
 With 25 years experience, Lea Ann offers customized talks on using social media, blogging, endowment, creating access for middle income donors, fundraising, new business models, grantwriting and trends across sectors.
 Lea Ann Skogsberg, Founder, Dollars and Sense

- * **Generational Relations in the Workplace**
 From Baby Boomers to Gen Y, differences exist in values, expectations, outlooks, Etc. Katherine will describe how to successfully bridge *all four* active generations in the workplace to increase profits and decrease turnover.
 Katherine Walker, Principal, Telion Solutions

- * **Invest in Yourself: Women & Investing**
 Women have unique challenges and opportunities when it comes to being financially knowledgeable. This workshop provides women with the tools to be more confident about managing money and presents the material in a women-friendly format to share experiences and learn from others.
 Laurie Hackler, Financial Advisor, Broker Dealer Financial Services Corp.

- * **Keep Pedaling! Ride the Learning Cycle to Success**
 Today's business climate of downsizing and restructuring presents demanding learning requirements to keep up with change. Learning to ride the natural learning cycle equips overstressed employees - and their managers - to meet these challenges, increase their productivity, and raise their job satisfaction.
 John Labbe, Principal Consultant, JEM Performance Consulting

- * **Social Networking for Your Business**
 New social media tools like Facebook, Twitter, Linked-In, You Tube have changed the game. You can find dozens of on-line presentations on what each of these are, but rarely will you find someone who uses it every day with success. Learn some of the basics.
 Brian Basilico, B2B Interactive Marketing

- * **Raw Food Education**
 Jason will provide education on what the Raw Food lifestyle entails. He'll explain health benefits, personal experiences, available resources, and information to incorporate into your lifestyle.
 Jason Janiak, Raw Creations, LLC

- * **How to Focus on the Business of Profits**
 John will provide information that will help CEOs and entrepreneurs to discover and understand financial issues in their businesses. When leaders gain this knowledge, profits improve and the business has a much longer life.
 John Y Lafferty, Founder, CFO-Pro

- * **Does Your Sales and Marketing Plan Utilize the Web?**
 Mike's presentation explains how to determine your company's "Internet Visibility Index." He will provide tips on how to get 'found' by new customers, leverage the latest tools, use social networking sites, and more.
 Mike Montgomery, President, liQuidprint, Inc.

- * **How Social Media can Benefit Your Business**
 Social media is having a tremendous impact on Sales, Marketing, HR and IT in business organizations. Mike will define social media and explain how to utilize networking sites such as LinkedIn, Facebook, Twitter etc. for brand recognition and more.
 Mike Montgomery, President, liQuidprint, Inc.

- * **Get (and Stay) Organized**
Learn how to live a simple and organized life. Whether it's your home or office, Erin explains the tools to help you be more productive and save time. Erin has given speeches all over Chicago including corporations, ADD support groups, and libraries.
Erin J. Kelly, Professional Organizer, Arranged By Erin
- * **Insights for Developing Active Coping**
The talk is about active coping, a quality that only the most successful executives consistently manifest. Active coping is going to determine your success in life. Nothing else comes close!
Leslie Pratch, President, Pratch & Company
- * **How Breast Cancer Led to My Life's Mission of Helping Others**
Having had a rare form of breast cancer at a young age, my life was turned upside down. I am determined to live life purposefully and to inspire others to do the same.
Gina LaPapa, Scent-Sations, Mia Bella's Gourmet Candles
- * **Knowing When to Sell**
Anyone can buy a stock. The trick is knowing when to sell. This is an audience participation program that teaches the pitfalls most investors fall into when riding their share prices down.
Jonathan Neuman, Vice President, Morgan Stanley
- * **In the Absence of Honor**
The presentation focuses on the writing and publishing of Jim's novel, 'In the Absence of Honor.' The Indian Reservation setting behind the story is drawn into the world of corruption, power and greed that extends well beyond the local Indian casino.
Jim Proebstle, Author
- * **Mind Matter Over Fatter Matters For Life**
Losing weight is so difficult, and the failure rate is enormous. I show people how to focus on gaining love instead of losing weight. What if you focused on love, more love, sex, money, health and self esteem as powerful motivators? These powerful positive motivators will help you lose more weight and keep it off for life.
Don Paullin, President, Fat Warriors Nation
- * **Performance Management**
Performance management is a process ensuring that a firm's strategy and goals are cascaded down throughout the organization. The net result is a workforce that is fully identified with the organization.
Bernard Liebowitz, PhD, CMC, Liebowitz & Associates, PC
- * **Eating, Exercise and Your Metabolism**
A new "how-to" manual designed to give people usable tools and techniques for achieving optimum health!
Candace Lawrence, Trager Healing Center

- * **Get Out There!**
 Nick's energetic presentation is based on 25+ years of experience in marketing, positioning and business development. He'll focus on relationship building, follow up, and building referral networks.
 Nick Keseric, author of "Get Out There" and Director of Practice Growth for Mulcahy, Pauritsch, Salvador & Co.

- * **Children and Grief**
 Increase awareness of children's and teen's grief and learn how it differs from that of adults. Better understand the 5 challenges of grieving children and teens and how adults can facilitate their healthy healing.
 Kelly Huggins, LCSW, Director of Buddy's Place of Pillars

- * **Planning Now Can Save You Money Later**
 Today, estate planning is a must. Learn how to avoid probate, why power of attorney is critical, and the differences between wills and trusts. Also covered are guardianship and gifting.
 John Pankau, Attorney, The Law Offices of John Pankau

- * **Women and Heart Disease**
 Marla is a volunteer for www.womenheart.org and she is a Womenheart Champion. She received training at Mayo Clinic in 2009. Marla talks about the signs, symptoms and prevention of heart disease in women.
 Marla Cowan, Volunteer, Womenheart.org

- * **Get a New View of Yourself and Your Life with Astrology**
 Even astrology non-believers will check out their horoscope in a newspaper or magazine. To Kathleen, astrology provides a blueprint of who you are and who you can be. Find out a bit more about astrology.
 Kathleen Cantwell, Change for the Better

- * **Hypnosis Makes Self-Improvement Fast and Easy**
 Hypnotherapy is very popular today for weight loss, physical discomfort, smoking cessation, fear of flying, taking tests, public speaking, and improving a golf swing. Participate in hypnosis exercises to release stress.
 Kathleen Cantwell, Change for Better

- * **Free Speech, Free Enterprise and Family Business**
 A multi-media presentation about free enterprise through the first hand experiences of a former TV reporter.
 Paul E. Donohue, The Downey Group, Inc.

- * **Stressed about Money?**
 Financial wellness is not about money. It's about informed decision making. Participants will learn how to assess financial wellness, then how to establish financial goals and plan for life events including retirement.
 Mary Anne Smrz, CFP®, Financial Advisor, Waddell & Reed, Inc.

- * **For Women Only: Finding Financial Serenity**
The path to financial security does not begin in an accountant's office. It begins in your head and heart, through your thoughts and feelings. This fascinating workshop will show women how to become aware of feelings that shape money values.
Josette Songco, Women's Financial Serenity Facilitator
- * **Business Etiquette for Technology, Meetings and People**
As the workforce becomes more diverse and the use of new technology increases, misunderstanding, conflict and frustration *can* occur. Learn effective communication using business etiquette.
Susan L. Walaszek, HR Compliance Consulting
- * **Addiction Recovery and Overcoming Adversity**
Tony provides an inspiring talk about how to create a successful life after addiction. He'll explain how to stand back up after being knocked down by life and how to create a better future.
Tony Powell, Tony Powell Speaks Worldwide
- * **Career Development and Transition Topics**
Jody presents information about successful job search skills including getting unstuck, cold calls, branding yourself, interviewing strategies, and effective networking.
Jody Eriksen, Director, Career Support Services Corp.
- * **Getting out of the Corner and into the Fight**
This program is a new take on job transition. A two-speaker team will teach new methods for online job searching. They will discuss ideas to implement maximum resources and avoid costly job transition mistakes.
Jim Danielson, Financial Advisor, Raymond James Financial Services
- * **Keeping Your Family Healthy**
Dr. Stephan will discuss preventive care throughout the lifecycles including vaccinations, common screenings, tests and important warning signs of health problems.
Christopher Stephan, M.D., Physician, Salt Creek Family Medicine
- * **Stay Safe**
Joe will present important information including safety in the home and workplace. He will also discuss personal safety.
Joseph Martinek, Proprietor, Joe Martinek Training Services
- * **Remember...Put Your Oxygen Mask on First!**
Carol will address and answer the daunting question of how we take care of ourselves - without guilt and frustration. With all of our time restraints, living in a 24/7 world, it can be done.
Carol Hameister, Founder and CEO, Internal/External Wellness Spa

- * **How the IRS Can Help With College Costs**
Learn how the Internal Revenue Service (IRS), of all people, can help defray the skyrocketing cost of college.
Joseph Orsolini, President, College Aid Planners, Inc.
- * **Hey Ref, You're Missing a Great Game Down There!**
Based on 18+ years of working as a H.S. basketball referee, Yale presents a fun talk that pokes fun at the good and bad sides of prep sports. Several themes are stitched together by firsthand anecdotes. This is a fab talk for sports fans, players, and parents.
Yale R. Jaffe, Illinois High School Basketball Official and Author
- * **How to Avoid the Taxes You Won't be Around to Fight**
This is a discussion on the basics of estate planning, how to structure your estate plan to avoid estate taxes and take advantage of tax exemptions, and what to expect in the future.
Wesley Zaba, Partner, Zaba Law Group, P.C.
- * **How to Know if Mom or Dad Needs Help**
What are the key warning signs that your aging loved ones or friends may need some help, and what are the options? Learn from a speaker on senior care featured on CBS-TV News.
Bob Tucker, Senior Advocate and Manager, Senior Helpers
- * **You Make Happy Happen**
How happy are you? With warmth, understanding and gentle humor, Dianne tells the way back to happiness, no matter how far away that seems. She will share healthy, practical steps to enjoying life in the now.
Dianne Morr, President, Morr Creative Writing Services
- * **Rainmaking Through Your Referral Network**
Beth presents a program on the art and science of leveraging your contacts to bring in referrals.
Beth Keno, Managing Director, BKB Advisors, LLC
- * **Second Act – Seminar for Breast Cancer Survivors**
Pattie talks about early detection, how to do a proper self-breast exam, Medicare and insurance issues, and more. Second Act is Chicago's only accredited cancer recovery boutique.
Pattie Cagney Sheehan, Owner, Cancer Surgery Aftercare
- * **The Language of Light**
Kathleen presents a workshop in photographic 'seeing.' She emphasizes content and creativity, with the end goal of renewing the sense of creative possibilities that can be applied to the arts and to life. This talk is perfect for garden and camera clubs.
Kathleen Fischer, Owner, Fischer Fine Art

- * **Speaking with Confidence in any Situation**
 This lively presentation will address the causes of fear associated with speaking when we are not comfortable doing so. Learn how to make those butterflies in your stomach "fly in formation," so you can get your point across in a confident and effective manner.
 Suzanne M. Bracken, Marketing Director, Ludicrous Theatre Company
- * **The Art of Business Development**
 See how you and everyone in your organization can benefit by using multiple proven methods to increase sales and awareness of you and/or your organization. The more you do, the more others will remember you.
 Nicholas D. Keseric, Director of Practice Growth, Mulcahy, Pauritsch, Salvador & Co.
- * **Enhance Your Natural Beauty with Affordable Cosmetic Surgery**
 Gone are the days when cosmetic surgery was only for Hollywood stars. Taek Kim, M.D., renowned and accredited Oak Brook surgeon, customizes programs for age, gender and interests as he shares how to confidently look as young as you feel through leading-edge techniques performed while you are awake.
 Colleen Delehanty, Marketing Director, Renaissance Cosmetic Laser
- * **The Austrian School of "Investment"**
 Because conventional economic predictions and solutions prove lacking, the Austrian School of Economic Thought is enjoying a resurgence. Ted will explain the core beliefs and theories of Austrian Economics and how these ideas may be applied to investment philosophy and strategy.
 Ted Barnhart, Principal, Barnhart Investment Advisory
- * **Kitchens on a Shoe String**
 Sheri talks about designing and updating the kitchen with a budget in mind. This is a very timely topic, since most homeowners are staying put rather than selling. Since most families spend the majority of their time in the kitchen, why not make it more open, friendly and useful?
 Sheri Sauer, President, TrueSource Cabinets
- * **Leadership and Success**
 This presentation addresses effective behaviors for leaders based on the largest study ever conducted.
 Mike Patterson, President, On Track Leadership, Inc.
- * **Self Leadership & Multiple Other Topics**
 As a life/business coach, Laura finds she must continuously remind people that they are leading their *own* lives and making their *own* choices. Self Leadership is extremely important in having a successful business and personal life, and Laura will offer helpful information and savvy advice.
 Laura Menze, Executive Coach & Consultant, LifeQuest Alliance

- * **Put Your Passion into Action! Feel the Excitement as You Discover YOU!**
 Just because you don't feel fired up doesn't mean you lack passion or a purpose. Your passion is within and it's ready to reveal itself. In this presentation you will hear heartfelt stories of others who have discovered their purpose and passion. In addition, there will be thought provoking questions that will enable your heart to say YES to YOU!
 Beverly McKeen, Inspirational/Entertaining Speaker/Author

- * **Motivating the Unmotivated**
 Learn how to motivate and inspire others to take action and make positive changes. Based on years of experience working with challenging populations - jail inmates, the homeless, people living with developmental disabilities, Susan will define self motivation and offer ten key factors for motivating others.
 Susan Neustrom, Ed.D., Executive Director, JUST of DuPage

- * **Protecting, Maximizing and Recovering Retirement Accounts**
 Audience members will receive education on reaching retirement goals and how to protect retirement accounts from a downside market. Abednego Wealth Management, Inc. does not charge for services nor does it ever hold clients' funds. "We simply educate you on reaching your retirement goals."
 Laurie Samuels, Retirement Income Consultant & Attorney-at-Law, Abednego Wealth Management, Inc

- * **Self Deception/Taking off Our Masks**
 The good, the bad, and the ugly, we all have a story. Jim will share his journey from secrets and masks to living his best life now. "Life is more meaningful, productive, and fruitful when we live it in the open - fully transparent, honest, vulnerable, and real, although to do so is scary," he says. One's biggest mistakes are survivable, and the scariest secrets scalable. Jim knows firsthand.
 James Caplice, Consultant

- * **Seven Steps to Great Success and Less Stress**
 By clarifying passions and focusing on your strengths, you can have the life you want, and you can also enjoy it. Beth will present seven steps for making that happen - starting right now.
 Beth Bradfish, President and Executive Coach, Beth Bradfish, Inc.

- * **Mediation: How to Settle Conflict Without Going to Court**
 Mediation is the fast, low cost, confidential alternative to litigation. This service is available in the community, the courthouse, and privately. Mediation is a process that guides participants to resolve conflict without feeling "compromised." Learn about how, when and why to choose mediation.
 Debra Horberg, JD, Principal, Horberg Mediation

- * **Soft Skills for Today's Office Professional**
 Dewoun has expertise in the areas of effective communication, business writing, SUCCESS workshops, leadership workshops, and social media. She will present information that will make a difference.
 Dewoun Hayes, Worklife Coach, Elite Office Concepts, Inc.

- * **Eight Ways Seniors Mess-Up Their Finances and How to Avoid Them**
 This seminar is designed to address seniors' fears including: maintaining control, protecting the house, protecting the children's legacy, how to avoid probate court and attorney fees and more. Learn how some little known, but simple techniques can save thousands of dollars in retirement.
 Shirley Reynolds, Senior Planner, Stone Consultants

- * **Enhance Your Natural Beauty with Affordable Cosmetic Surgery**
 Gone are the days when cosmetic surgery was only for Hollywood stars. Taek Kim, M.D., renowned and accredited Oak Brook surgeon, customizes programs for age, gender and interests as he shares how to confidently look as young as you feel through leading-edge techniques, some performed while you are awake.
 Colleen Delehanty, Marketing Director, Renaissance Cosmetic Laser

- * **Online Marketing for Business**
 Current statistics show that over 80% of individuals searching for a business will first search online. This makes it imperative for businesses of all sizes to put in place effective online marketing strategies. Jerry will reveal what is working in the present business environment.
 Jerry Peterson, President, RightSide, Inc.

- * **Options for Long Term Care**
 Have you noticed a change in your senior loved one that indicates that he/she may need personal assistance? The majority of seniors prefer to stay at home and are willing to accept help in order to remain there. Alicia will provide information on the pros and cons.
 Alicia E. Harris, Owner and Senior Advocate, Senior Helpers of Evergreen Park

- * **Fighting Stress with Natural Remedies**
 Overwork, genetics, dietary and nutrient deficiencies can all be contributing factors in stress, anxiety and depression. Using natural remedies, Sonia, a licensed clinical nutritionist, has helped many clients overcome these disorders, and she will discuss what worked.
 Sonia Mavropoulos M.S., L.N.C., Clinical Nutritionist, Nutri-Wise Inc.

- * **The Quest for a Good Night's Sleep**
 Many people today rely on prescription medications in order to sleep. Overwork, high stress levels, poor diet, and dietary deficiencies can contribute to insomnia. Sonia explains how natural remedies can help you improve overall sleep quality.
 Sonia Mavropoulos M.S., L.N.C., Clinical Nutritionist, Nutri-Wise Inc.

- * **The Art of Business Development**
See how you and everyone in your organization can benefit by using multiple proven methods to increase sales and awareness of you and/or your organization. The more you do, the more others will remember you. Nicholas Keseric, Director of Practice Growth, Mulcahy, Pauritsch, Salvador & Co.
- * **Got Communication? 7 Step Roadmap to Project Perfection**
Learn the critical element of communication which is often missing from a strategic plan. You will leave this workshop armed with a new perspective and a step-by-step project guide to help you construct focused, cost-effective and profitable plans.
Rosanne Belczak, Principal, Write Move Communications
- * **If you've lost weight and gained it back, raise your hand!**
Quick fix, fad diets and artificial weight loss goals are a recipe for weight gain, not loss. This presentation addresses the fundamentals of physiology and the lifestyle changes necessary for permanent weight loss.
Kathy Pearse, Vice President, Medi-Weightloss Clinics of Chicagoland
- * **Headaches: Causes and Cures**
Headaches are one of the most common afflictions effecting Americans and cause on average 1 day per month of lost productivity. This program tells the common causes of headaches and how to manage them.
Paul Fisher, Co-Owner and Doctor of Chiropractic, Fisher Chiropractic and Integrative Health
- * **Work Place Ergonomics to Avoid Injury**
It's essential to make sure the daily activities of work are done in a way not to cause injury, whether it be behind a desk, a register, or moving materials around the floor. Based on your group's particular needs this talk will be customized to your specifications.
Paul Fisher, Co-Owner and Doctor of Chiropractic, Fisher Chiropractic and Integrative Health
- * **Protecting your Portfolio and Retirement: Today's Essential Planning for Investing and Prospering**
Susan will discuss the ten steps on how to plan and protect your future. She will include investment strategies that are essential to one's investment portfolio. This will be done utilizing case studies that are applicable to the audience's demographics.
Susan Templeton MBA, Founder and Partner, Stafford Wells Advisors and regular contributor to *Today's Chicago Woman* magazine
- * **Don't Slow Me Down with that Calculator (Mental Math)**
Learn to master a multitude of little-known, super-shortcut computational techniques involving addition, subtraction, fractions, squaring and multiplication. You'll soon leave your calculator-dependent friends in the dust.
Cliff Petrak, Teacher Emeritus & Author

- * **Winston Churchill: Leadership Lessons**
Winston Churchill was not only the greatest statesman of the 20th century, but also a supreme leader. Lessons can be learned from his management and leadership style that can be translated into business success.
Daniel N. Myers, Chief Operating Officer, The Churchill Centre

- * **Winston Churchill: A Life Well-Lived**
This is a 45 to 60 minute talk with PowerPoint slides and audio excerpts of Churchill's speeches. The talk is ideal for everyone from young students to seniors who wish to know more about this remarkable individual. Libraries receive a suggested reading list.
Daniel N. Myers, Chief Operating Officer, The Churchill Centre

- * **Wellness From Water**
Kangen Water is mineral rich, ionized, alkaline water that has been used for 40 years in Japan. Medical grade, balances the body's pH and provides hydration second to none. There is no sales pitch, simply an offer to try the water at no cost for up to 21 days.
Jim Rabb, Owner, J R Enterprises

- * **Creating the Brand New You**
Discover how reinventing and re-branding yourself can create new opportunities. This 75-90 minute program covers the elements of executive presence, being open to creating a new you, action steps, and accountability.
Susan Fignar, President, Pur-sue Inc.

- * **TraDigital Marketing**
Juli talks about the importance of building your brand through both traditional and digital media and how to maximize your marketing investment by integrating your online marketing with your offline methods.
Juli Barcelona, President and COO, Barcelona Creative Group

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