



MetroEast Region Networking Lunch

January 15, 11:30am–1:30pm

The Greek Taverna

292 Bloomfield Ave., Montclair, NJ 07042

Relaxation & Confidence—Vital Requirements for the Busy Business Owner

You're on the go all the time running a business, servicing clients, being involved in your business organizations, not to mention family responsibilities that are waiting for you when you're done. What can you do to balance it all out?

Please join us for enlightenment on the ways, whys, and benefits of chilling out:

- Engage your five senses to calm your mind
- Build your self-confidence
- Get lost in your thoughts
- Schedule in some fun
- Just sing!

Pamela Olsen is a highly qualified licensed massage therapist, professional singer of classical music, and public speaker (and past president of NY Toastmasters).

**Let's network over lunch and get to know each other!
NJAWBO is all about building business relationships.**

Prepare your 30-second intro, bring business cards, and look forward to meeting and networking with other women business owners from the area.

REGISTER AT www.njawbo.org by 1/13: Members \$30, Non-members \$40

Walk-ins are welcome. \$45 at the door for all.

(Accepting only cash or checks at the door.)

Speaker



Pamela Olsen

Owner
Olsen Themes
Jersey City