

# Idaho Professional Women's *Express* Network



Tuesday, April 19, 2011

from 4:30 - 6 P.M.

Whitewater Grill

355 River Parkway, Idaho Falls

Please RSVP by Monday April 18, 2011



Dana Blackburn  
of  
University of Phoenix



## GOAL SETTING / GOAL GETTING WORKSHOP

### Learn more about:

- ❖ Not only Setting Goals but Getting Goals
- ❖ Planning, Attitude, and Time Optimization Strategies
- ❖ Steering Clear of Avoidance and Non-Action
- ❖ The Benefits of Setting Goals and Why it Works
- ❖ Organization and Limiting Stress

Guests: free up to 2 meetings  
or \$20 thereafter



Reconnect with Friends!  
Bring a new Friend

Door & Networking Prizes!  
Informative! Fun!  
Your time will be well-spent!

### Idaho Professional Women's *Express* Network



- \*Woman-to-woman business networking group
- \*Committed to providing educational opportunities for our members
- \*Time sensitive (once a month; in a time-contained agenda)
- \*Open to membership for the entire State of Idaho
- \*Part of the fourth-largest women's networking group in the US

Stephanie Hay, President

Email: [info@ipwen.org](mailto:info@ipwen.org)

[www.ipwen.org](http://www.ipwen.org)

[www.abwa.org](http://www.abwa.org)



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