

WMARCH BREAK
26TH & 27TH

Women's Enterprise MARCH Newsletter
IT'S HERE!!!!
WOMEN'S MARCH BREAK CONGRATULATIONS .



**WOMEN'S MARCH
BREAK KICK-OFF**

LOCATION

IMAGE & COMMUNICATION

MIND & BODY & SOUL



RADISSON
Hotel Admiral Toronto-
Harbourfront
249 Queen's Quay West
Telephone: (416) 203-3333 Fax:
(416) 203-3100

**Plenty of Public Ground Level
and Underground Parking
Available.**
WE DINE on TIME

from 6 to 9 pm
Thursday MARCH 26th on DAY 1

from 5 to 10 pm
Friday MARCH 27th on DAY 2

**NO PROGRAMS ON
SATURDAY OR SUNDAY**

WWW.WOMENTER.COM

647 966-1712 FOR LISA

Our dear Friend,



Welcome to the **Women's Enterprise CANADA** edition. To all our new relations and continuing supporters, WE thank you with our commitment to always give back into our community. WE continue to grow and glow with each new participant in this process of sharing and evolving. If you are new to WE then know that you are an expert of your experiences and wisdom, and for that reason your first purpose is to share with other women in order to complete the instructional guide to prosperity for Women's Enterprise. WE thank you for finding us.

WE sometimes find victory in our efforts to form legitimate professional relationships and then there are times WE find ourselves in the occasional failed attempts. What WE do well is learn from those failed experiences to help others in the avoidance of their own.

Successful or not, by nature WE keep sharing and advising others what WE believe is the SECRET. Like it or Not you keep listening in hopes for a change, an answer, or the right gathering with real solutions. So stop waiting, get ready and get dress to "Address Stress with Finesse" at this years **WMARCH BREAK on the 26th, & 27th**. It's time to relieve the winter blues and spring into focus. Let's get down to business shall WE?

Sincerely,

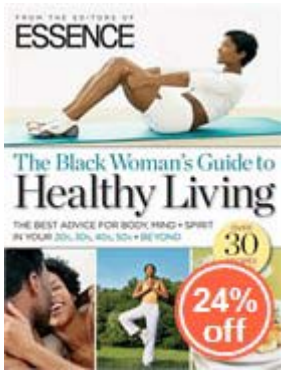
LA Small
Women Enterprise Canada

THURSDAY WMARCH 26th



**DALE CARNEGIE BUSINESS
GROUP**
Canadian Head Office

2121 Argentia Road, Suite 103
 Mississauga, Ontario L5N 2X4
 Tel: (905) 826-7300 / 1-800-361-2032
 Fax: (905) 826-5565
 Email: info@dalecarnegie.ca



From the African-American community's trusted authority, an interactive manual designed to help Black women care for their bodies, minds, and spirits.



DAY 1
 FULL Weekend Registration



6 - 9 PM
: IMAGE & Communication \$30



Agenda:
Introduction to ADDRESS STRESS with FINESSE
TIME : 6:00 to 6:15 pm

WE are starting you off with 4 Ways to Release and Condition for stronger results at work on Friday

"Spa Stress Confessionals" plus Q&A
TIME: 6:15 to 7:15 pm
 with **CHAKRA SPA** founder
Lisa



Newsletter



"Stress Confessionals of the Mad Black Women" sessions
 -What types of Sista-Stress walks through the doors of a SPA
 - Sores that go deeper than the surface
 - Making the choice for treatment or Quick Remedies

STRESS-LESS TRAINING
TIME: 7:15 to 7:30 pm
 with **Coach Samantha Montpetit-Huynh**
 from **CORE Expectations**
 CPTN-CPT, PFS, RAB - Certified Personal Trainer, Pre & Postnatal

- Low risk exercise for relaxation and developing strength
 - Core and balance conditioning to help improve posture and alleviate low back pain.
 - Exercises to help reduce stress related to Pre & Postnatal conditions that can be used if you are sensitive to regular exercise routines for medical reasons.

The FASHION & IMAGE PATROL
TIME: 7:30pm to 7:40 pm
"The Perfect Black 'Stress' to Wear " discussion

Some of Toronto's Image Consultants will find the most stressed out women in the audience

by the way they are dressed. They will group up and lead comments and suggestions for all to avoid. A fun and interactive moment for all!

"Stress Your Words" & DEMO
TIME: 7:45 to 8:15 pm
with Executive Performance Coach
Kelly-Lee Mansi, PCC
- Courageous Conversations Inc. -

"Vocal Stress " sessions
- Preparing Your Thoughts
- Executive Performance coaching
- Effective Breathing Techniques
- How to Overcome Your Fear

Women take to the Open Floor for 1 minute Intros
TIME: 8:15 to 8:30 pm

Mingle & Network till 9 pm

THEN CONTINUE ON FRIDAY EVENING!
www.womenenter.com for more on the Coaches

FRIDAY W**MARCH** 27th Day 2



5 - 9 PM : MIND & Re-Focusing \$40
Introduction to MENTAL STRESS

DALE CARNEGIE Coaching & Interactive
Professional Coaches
Session 1 Group of 60 - 70 Women TIME 5:15 to 6:15
"How to Stop Worrying and Start Living " sessions
-reduce stress and increase enthusiasm
- re-focus on what's important
- be less reactive and more proactive

HYPNO HEALING Coaching Interactive & DEMO
Debbie Papadakis, BCH, C.I.
from OPRAH'S Big Book of Happiness and Oprah's
magazine

Session 1 Group of 40 - 60 Women TIME 6:30 to 7:30

Session 2 Group of 40 - 60 Women TIME 7:30 to 8:30

"Overcome Negative Thoughts and Energy " sessions

- Identify and understand the root cause of your stress
- Identify and break old patterns that hinder you in life
- Resolve conflicts without evoking feelings of stress
- Clear the energy that holds all the negative messages, memories and feelings

Tai Chi and Meditation Centre

**- Internal Chinese Martial Arts -
with Suzanne Taka , Instructor**

Session Group of 60 - 70 Women TIME 5:15 to 6:15

- warm-ups
- gentle stretching
- Tai Chi fundamental, bones and it's structure
- stress introductory to treatments
- Group Tai Chi movements

RADISSON DINING on the 5th floor TIME 6:30 to 7:30

Convenient and Affordable Fine Dining and Array of fine Wines

Debbie - HYPNO HEALING Coaching Interactive & DEMO

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BODY & Treatments

Introduction to PHYSICAL STRESS

"WEAR FLEXIBLE & COMFORTABLE GEAR TODAY."

WE are making you over to feel even better.

Coach Ayanna - SOCACISE

Session 1 Group of 40 - 60 Women TIME 7:30 to 8:30

"Work-out and Soca FUSION " sessions with Q&A

- Stimulate various brain chemicals through these exercise
- reduces feelings of depression and anxiety
- warm-up the muscles that are blocking blood circulation
- The benefits are yours for the taking, regardless of age, sex or physical ability.

SOUL & Meditation

**Aina- Nia - Obsidian Institute, Spiritual Life Coach
with strengths as Reiki Master and Practitioner.**

Session 1 Group of 40 - 60 Women TIME 8:45 to 9:30

"Spiritual Life Coach" sessions

- Meditation a Stressless Discipline
- Deepen your spiritual journey
- Connect with your inner-self and truest Desires
- Receive Healing, Guidance and Support

Mingle & Network till 10 pm



By CAR :

400 Public Parking spots under the Hotel under \$12
Directions Total

1: Depart Start on Local road(s) (South)
0.7 km.

2: Turn LEFT (East) onto Convair Dr
2.2 km.

3: Take Local road(s) (RIGHT) onto Renforth Dr
0.6 km.

4: Turn LEFT (East) onto Local road(s)
0.0 km.

5: Take Ramp onto Hwy-427
7.4 km.

6: Take Ramp (LEFT) onto Frederick G Gardiner Expy [Gardiner Expy]
13.6 km.

7: Keep LEFT onto Ramp
0.6 km.

8: Keep STRAIGHT onto Hwy-2 [Lake Shore Blvd W]
0.8 km.

9: Turn RIGHT (South) onto Lower Simcoe St, then immediately turn RIGHT (West) onto
Queens Quay W
0.4 km.

Thank your customer, tell them how valuable they are to you, but don't go overboard.
Insincerity is easy to spot.

Women Enterprise Canada
www.womenenter.com
Brampton, Ontario L7A 1C2

