

2014

Women "Balancing Act" Conference

*Best Practices for Entrepreneurs & Career Professionals Who Juggle:
Work, Children, Caregivers, Home, Money and Health*

Thursday, June 26, 2014

Par-A-Dice Conference Center, East Peoria, IL

DO YOU HAVE A NEED FOR:

- Juggling act strategies
- Women health resources
- Tools to use when feeling overwhelmed/stressed
- Medical decisions communications
- Tips for work/life balance
- When to let go and work from home
- Embracing life with supportive women
- Decreasing a complicated life style
- Marketing Products on-line

SCHEDULE:

8:15 – 9:00 Register, Coffee, Displays
9:00 – 10:15 Cindy Martin
10:30 – 11:30 Lizz Barnes
10:30 – 11:30 Liz Pollack
11:30 – 1:00 Displays/Lunch on own
1:00 – 2:10 Leah Olsen
1:00 – 2:10 Liz Pollack
2:30 – 3:30 Dr. Robert Sawicki
3:30 – 4:00 Awards, Networking & Displays
4:00 – 6:00 Dinner & Keynote
Dr. Meghan Wright

COST:

\$55 Early Bird Special by May 15
Full Conference Day: \$65
Join Early & Save!

REGISTER NOW:

Doris Symonds 309-224-9665
E-mail: dsymo92699@aol.com
www.talktodorisnow.com

PAYMENT TO:

T.A.L.K. Women's Conference
5106 Newcastle Dr. Ste. 4
Peoria, IL 61615



Dr. Meghan Wright

Principal of Wright Consulting,
Monmouth, IL

Successful Keys to Work/Life Balance

Dr. Wright is a Small Business Consultant and offers expertise in the many phases of entrepreneurship. She is frequently asked to present on the topics as: Improving Work/Life Balance for Yourself and Employees, Entrepreneurship Trends-a look at female entrepreneurs in the United States and Europe or Creating Sustainable Organizations. She has worked with non-for-profit organizations to manage and foster effective strategies for sustainability. As an educator and consultant, she brings creative insights and strategic solutions to the issues involving working women and specifically female entrepreneurs.

*Keynote
Speaker*



Liz Pollack

*Counseling Psychology & Certified
Executive and Personal Life Coach*
Leg Up Services

Everything is Out of Control – But You're Not!

Do you ever feel like you and your life are out of control? It's easy to feel overwhelmed and stress out. This presentation will focus on 6 practical techniques you can put into use immediately. You will leave the session feeling centered, relaxed and ready to find more balance in your life.



Cindy Martin

Director of Women's Services
OSF Saint Francis Medical Center

Beyond the Bikini

Women's health care in our community goes beyond breast health and having babies. Women are key consumers, caregivers and decision makers in their home. Learn about the many services that women have available to promote their own health, as well as finding ways to help them care for those they love.



Lizz Barnes

Owner/Artist
Ear in the Envelope, Inc.

Creative Journey in Business

Lizz uses ETSY to sell a unique product-food safe aluminum art materials! Her products have sold in Australia, Ireland, UK, Sweden and Switzerland. She balances her business success and life-style as a mom of two teens. Lizz will share how she became amazingly profitable with knowledge of "on-line marketing".



Leah Olsen

Owner
Hire4Engineering
Home Based Business

Embracing a Balancing Act with Love!

Leah Olsen works from home as a mother of five children. She loves it! She left the corporate world to stay home with her children. She will share how she is building a savvy income while enjoying time with her family. Does she have all the answers? No, but she has put strategies in place that works without sacrificing her family, mind and soul. Resources from "Linked In" helped her with partnerships that took her company to the next level of success! Listen to her story of amazing success with balance!



Dr. Robert Sawicki

Sr. VP of Supportive Care
OSF Saint Francis Medical Center

Knowing How to Handle Medical Decisions

Women! You are the majority of caregivers as a daughter, sister, wife, or daughter in law. How do you approach the ones you love about this subject? This presenter will give you practical tips on how to begin some of the most important talks you may ever have with your spouse, children or parents.

SPONSORS: OSF Women's Services • Commerce Bank • COSTCO • CEFCU • NAWBO

T.A.L.K. (Teaching & Learning for Knowledge) is a proud member of or affiliate of: NAWBO, SCORE Chapter, and The Peoria Chamber of Commerce. Since 2003, a percentage of the proceeds has been donated to a charitable organization to support the community. T.A.L.K. is the proud award winner: Women in Business Champion of the Year 2011 for the State of Illinois and Midwest Regional Award – for the USA SBA. iBi December 2011 issue: Eleven Women Who Made a Difference- T.A.L.K. by Doris!