

Women of Wallops Day

June 5, 2003

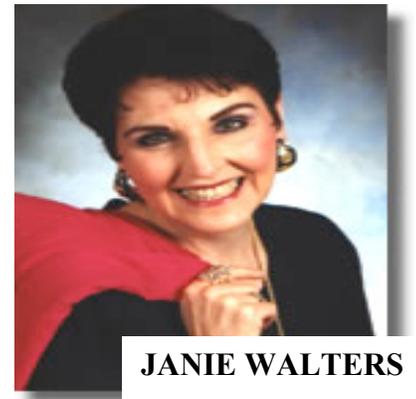
Morning Prayer/Meditation Vigil

Celebrating/Nurturing Our Sisters Who Are Affected By War

8:30 – 8:50 – Building E-2 Cafeteria

The Garbage Truck Comes on Tuesdays and Fridays (9:00 – 11:00 a.m. – E-2 Training Room)

Using well-documented research, group participation and humor, this presentation highlights tools for neutralizing the negative experiences and feelings that pour into every life. Focus is on changing the perspective; adopting the golden rule; maintaining good self-esteem; laughing a lot; assuming responsibility for our own feelings; and practicing the magic of ‘acting as if’.



JANIE WALTERS

A New Day or Just Another One (Luncheon: 11:30- 1 Williamsburg Room – tickets on sale at the Exchange)

What are the key attributes in a perfect day for yourself or your business? The workshop uses the familiar phrase: If we keep doing what we’ve been doing, with we’ll keep getting what we’ve been getting. Embracing this concept, this workshop inspires listeners to dream of the ideal NEW day and teaches planning and goal-setting techniques to map out a route into this new day while encouraging individuals to take the steps necessary to accomplish their goals.

Normal is Gone and It Won’t Be Back (1:30-3:30 - E-2 Training Room)

Life is changing in America faster than the speed of fax!! Dazed by this whirling world of change, many people are looking for the time when things will get back to normal – CALL OFF THE SEARCH!! This presentation includes current examples and documented research that focus on the reality of the changes that are taking place. At a time when others, in fear, may be cutting back their activities, this workshop encourages participants to embrace the changes and look for new possibilities. Above all, the advantage of maintaining a positive perspective is applauded.

Say Hi to Janie at her website: www.janiewalters.com

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