

BPW Joondalup

Business and Professional Women Australia

*Honouring women who have
inspired change...*

The Time for Change presented by Carolyn Midwood



Change, whether we seek it or it is thrust upon us, is part of every day life. Drawing on her wide experience and expertise in assisting people to cope with change, Carolyn Midwood will help us to understand change and how to cope with it. She will provide us with an insight into coping strategies and how we can go grow and emerge a stronger person.

Carolyn has worked as a counsellor, life coach and clinical hypnotherapist for many years. She has also provided mediation to families in crisis and to those separating prior to divorce. Her other areas of interest include NLP (neuro-linguistic programming), stress management counselling, suicide prevention, self esteem, and conflict resolution. 94.5 radio made use of her wide-ranging skills to write and present their *Mind & Body* segment.

We look forward to you joining us;

When: Tuesday, 7th October 2008, 6.30pm for a 7pm start.

Where: Joondalup Function Centre, City of Joondalup Buildings, Boas Ave, Joondalup (same level as library). *Map available on our website* (visit the address in the box below and click on 'calendar of events').

Cost : \$33 for members, \$38 for guests (includes a two course dinner and coffee). Please note – all bookings for dinner must be paid for.

RSVP: By noon on **Friday, 3rd October 2008** to our events officer Bianca Chantry;
T: 0424 504 613
E: biancachantry@yahoo.com.au

BPW is an international organisation that educates and informs women, undertaking research and projects aimed at making a positive difference for women. At a local level BPW offers great opportunities for developing social and professional networks for women of all ages. To discover more about BPW Joondalup visit
<http://stayingintouch.com.au/bpwjoondalup>