

"Recession Proof" Your Job In 2010

Kit Prendergast, Career Connections of Sierra Nevada

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Katherine Prendergast, Professional certified career management coach and owner of *Career Connections of Sierra Nevada*, will be our guest speaker in February.

Her presentation, "**RECESSION PROOF YOUR JOB IN 2010**" will provide critical strategies and steps that can make all the difference in your job security. As a Career Coach she will also talk about how to relax, laugh, and gain a [New Perspective](#) - *What can you do to become an "indispensible" person that is counted on when times get tough.*



change in their professional or personal lives. She brings a wonderful spirit, energy and focus to her work providing concrete tools, inspiration and motivation to others to create the life they want for themselves.

Drawing on 30 years of experience working with people in career and life transitions Prendergast knows what works and what doesn't. She was a psychotherapist with Kaiser Permanente HMO (West & East coasts) for many years with a specialty in short-term solution focused psychotherapy. She is also an experienced workshop trainer well-known for her unique, dynamic and fast-paced workshops that produce clear results.

Prendergast is the owner of *Career Connections of Sierra Nevada* (estab. 2000) located near the Truckee River in downtown Reno, Nevada. She welcomes coaching and training clients throughout the state, nationally and internationally. To learn more about Prendergast visit www.CareerConnectionsSN.com.



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Learn How to Stay Positive with Meggin McIntosh

March Professional Development Program



It's a fearful time for you, for your organization, as well as for your friends, family, and colleagues. Should you "seize up" and "freak out" ...or is it better to take a chance and project a positive view?

Meggin's presentation, "Staying Positive in a Freaked-Out World" is just the topic all of us need. She is a dynamic speaker who has some "reasonably" strong opinions on handling work and our personal lives. So, bring your most positive (or most freaked out!) self to the meeting. It will make a difference for you as an individual and will enhance your overall value to your place of work and to your family!

To get a "heads up" on Meggin and her presentation go to www.meggin.com and www.stayingpositiveinafreakedoutworld.com