



CALM IN THE MIDST OF CHAOS



Association for Accounting Administration
Baltimore & Washington DC Chapters
Business Learning Institute
Greater Washington Society of CPAs
Maryland Association of CPAs
Virginia Society of CPAs

AAA DC Chapter
c/o Squire, Lemkin + Company, LLP
111 Rockville Pike, Suite 475
Rockville, MD 20850

Presentation Description

Calm in the Midst of Chaos: Techniques & Tips for Managing Stress Levels During Busy Times

The reality is that we are living in a fast-moving and highly demanding environment right now with the likelihood of change picking up its pace, rather than slowing down. Our ability to maintain our equilibrium and flourish in the midst of this relies on our ability to manage ourselves, our thinking and our actions. This workshop is designed to integrate the best practices of strategic thinking and strength-based personal leadership to develop personalized strategies to maintain calm in the midst of chaos.

Learn essential skills for managing well-being during extremely demanding times in your professional and personal lives.

This interactive session is designed to bring fresh perspective and tangible new strategies to reduce stress levels and increase productivity and positivity.

CALM IN THE MIDST OF CHAOS

THURSDAY, OCTOBER 20

9:45

Registration

10 a.m. - 3 p.m.

Lunch and 4 hours CPE included

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www.bizlearning.net

WIN BIG!

A chance to win an iPad 2 WiFi + 3G just for registering and attending!



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One year membership to AAA, MACPA flash drive w/ lanyard and laptop mini mouse, iPad 2 WiFi + 3G, and more.

EARLY BIRD DISCOUNT

Only \$45 if you register by October 10, 2011 (\$59 after October 10, 2011) **Deadline for Registration:** Monday, October 18, 2011

JOHNS HOPKINS UNIVERSITY MONTGOMERY CAMPUS

Gilchrest Hall, Room 207
9601 Medical Center Drive
Rockville, MD 20850-7010

WHO SHOULD ATTEND?

- Partners
- Firm Administrators
- Administrative Staff
- Managers
- HR Managers
- Marketing Managers

REGISTER NOW!

To register go to:

www.macpa.org/Administrator

Or send name(s), title(s), firm name, email address(es) and check payable to MACPA:

Member Services
901 Dulaney Valley Road
Suite 710
Towson, MD 21204



QUESTIONS?

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