



The CPCU Society and the San Gabriel Chapter Present a National Leadership Institute Course



Strategies for Managing Stress and Gaining Control

Thursday, January 13, 2005

Are the demands of work and home leaving you feeling overwhelmed?
Would you welcome a sense of balance and control?
Are the needs of your clients, employees, and bosses creating challenges on your time?

When: Thursday, January 13, 2005

Course Time: 8:30 - 11:30 a.m.

Registration Time: 8 - 8:30 a.m.

Where: Brookside Country Club (Rose Bowl)
1133 North Rosemont
Pasadena, California 91103
(626) 795-0631

Cost: CPCU Society
Members: \$65 for course
Nonmembers: \$75 for course

Course materials and morning refreshments will be provided.

Learning Objectives

If managing multiple priorities or events is causing you to feel “stressed out” then take advantage of this exciting and informative course. Participants in this course will accomplish the following objectives:

- Gain insights into the sources of stress.
- Develop techniques for managing sources of stress.
- Recognize “good” and “bad” stress.
- Identify personal trigger points.
- Create long-term strategies for managing stress.
- Employ techniques for an instant calming effect.

Instructor

Rita Williams-Bogar, CPCU, ChFC, AU, is president and chief executive officer of Personal Development Solutions, LLC. She consults businesses and individuals in the areas of leadership development, coaching, ethics, and professionalism. She is a keynote speaker for industry and professional associations, and has 25-plus years of corporate experience in the insurance industry including director of underwriting operations, public affairs coordinator, and director of education and development. Williams-Bogar is president of the board of directors of the National Coalition of 100 Black Women, Inc., Bergen/Passaic Chapter, executive director of the CPCU Society’s New Jersey Chapter, and a member of Bryant University’s board of trustees. She was chosen to be a face of the CPCU Society in its 2004 national advertising campaign. She received her bachelor of science degree from Bryant University and her M.B.A. in finance, with honors, from Walden University.

The views and opinions of the speaker are her own and not necessarily shared by the officers, members, or staff of the CPCU Society.

Register now! This course is sure to fill up quickly.

Please see reverse for registration information →

Cancellation Policy

Your registration fee less \$20 will be refunded if notification is received at the Society two weeks prior to the program.

Questions

Call the CPCU Society's Member Resource Center at (800) 932-CPCU, option 4.

Directions to the Brookside Country Club

- Heading East—take 134 Freeway east
- Heading West—take 210 west to 134 Freeway
- From the 134 Freeway take Orange Grove exit
- Head North 1/2 mile to Rosemont
- Turn left on Rosemont—proceed 1/2 mile to Brookside

Registration Form:

Yes—Please register me for the “*Strategies for Managing Stress and Gaining Control*” course on January 13, 2005, in Pasadena, CA. (MS011305)

Four Easy Ways to Register:

- **Online** at www.cpcusociety.org (CPCU Society members only).
- **Call** (800) 932-CPCU and select option 4 to speak to our Member Resource Center.
- **Fax** registration form to (610) 251-2780.
- **Mail** registration form to the CPCU Society at the address shown below.

Name (Mr./Ms.)

Company

Street

City/State/Zip

Phone

Fax

Name on Badge

E-mail

Please pay registration fee in advance.

CPCU Society member: \$65 for one course \$ _____

Nonmember: \$75 for one course \$ _____

Total \$ _____

Check enclosed payable to: **CPCU Society**

Charge my credit card: MasterCard Visa American Express Diner's Club

Account Number

Expiration Date

Name as it appears on card

Signature (required)



Send registration to: CPCU Society, 720 Providence Road,
Malvern, PA 19355-0709

Phone: (800) 932-2728, option 4

Fax: (610) 251-2780