

MACHEN MACDONALD

Speaking Saturday at 12:00 pm
Paradise C/D/E

#1 Bestselling author and award-winning strategic business coach Machen MacDonald is going to show you how to raise your game and elevate your eloquence to be more effective leaders at your work and in your life. You will learn his proven R.A.C.E. formula for communicating more effectively, increasing your performance and bringing out the best in others.



CAROL SCOFIELD

Speaking Saturday at 6:15 pm
Paradise C/D/E

Carol Scofield is a professional speaker who offers keynotes for conferences and conventions and staff development for organizations and businesses as well as facilitation for goal setting and long-range planning.

A former talk show host and healthcare professional, Carol brings true to life experiences to her presentations. She has touched people's lives and tickled their fancy throughout the United States, Canada, South Africa, Australia, England and Scotland. Carol's passion for what she does is easily recognized in the energy and enthusiasm she shares with her audiences.Carol has a passion for "serving others" and has had the honor to be involved in her community as a Soroptimist in the past.



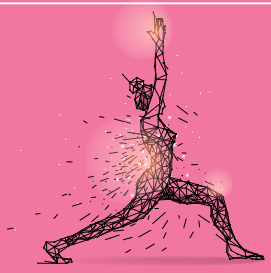
KATE DOSCHER

Speaking Sunday at 11:45 am
Paradise C/D/E

Owner of California Interpersonal Skills, a critical communications company. Former host of the television talk show "Profiles" and Editor of a business magazine.

Say What You Mean and Say it Well!

"Want people to listen to you? Want to establish yourself as a leader? No problem! It's a simple matter of choosing the most powerful words and presenting them in a positive and confident manner. Eliminate a passive and powerless persona with a few easily acquired techniques and blast through that glass ceiling without sacrificing the person you want to be!"



Yoga & QiGong
WITH DENISE BARCLAY

7:45am 8:55 am
Mindfulness, Movement & Mediation

YOGA CLOTHES
We realize that this ends 5 minutes before the 9am session. It is prefectly ok to come in your yoga clothes.

This class combines movements from Yoga & QiGong to help calm the mind and nervous system in order to relieve stress that accumulates in the ups and downs of daily living. The additional emphasis on mindfulness, to be present in the moment with things as they are, leads to a more heartfelt and compassionate attitude towards ourselves and others. After a practice of moving into stillness we end with a short meditation period which is the original intention of the poses.

Denise is with Denise Barclay Yoga. Her website is www.denisebarclayyoga.com