



January Dinner and Program

Are You Truly Resilient or Just Coping?

Speaker: Carol Putnam

Many entrepreneurs create their own business because they want to have more control over their work and their life. But it doesn't necessarily mean fewer challenges, less stress, or a better work/life balance. Most people learn how to cope to "get through" a tough time. Coping is a short-term strategy. Being resilient is a long-term life strategy. In this interactive session, learn the components of resilience, assess your own resilient behaviors, and develop an action plan to shift your behavior from coping to resilient.

Carol Putnam, Ph.D., is a coach, workshop developer, and master facilitator. For more than 25 years she worked at global, hi-tech powerhouses Hewlett-Packard, Microsoft, and Tektronix. During her tenure, she coached executives, led global teams, managed multiple organizational restructuring initiatives, drove leadership development programs, and cultural change efforts

Carol now utilizes her global experience, education, and training to support clients as they navigate obstacles and opportunities in their professional and personal lives. An advocate of thriving over striving, her business is called: Why Strive? Thrive!



When Thursday, January 11, 2018
5:30 Networking
6:00 Dinner and Introductions
7:00 Program
8:00 Meeting Ends

Where Rogue Regency Inn
2300 Biddle Road, Medford

Cost Member - \$ 25* Non-member - \$ 30*

Menu Chicken piccata with roasted red potatoes, tossed green salad with dressing, sauteed green beans, rolls and butter, apple cranberry crisp with oatmeal cookie crumble, and coffee/tea
Vegetarian option: Butternut squash-cranberry penne pasta (Please request this when you register.)

*** Get a \$3 discount for online registration and prepayment at wesoweb.org!**

Prepay an online reservation or call Carol Vandell at 541-292-6326. (Also call Carol about special diets, cancellations, or other questions about registration.) Please submit your reservation request (online payment or phone) by 9:00 p.m. on **January 8th**. Reservations made after this cut-off date cannot be guaranteed. Cancellations must be received by that date or you will be responsible for payment of the uncanceled event.