



*April 2019 Dinner Meeting*

## The Balance of Work and Life

**Speaker: Renée Riley Adams**

Do you find yourself out of breath and out of balance as you do the work you love? Do you sometimes just want to throw the bed covers over your head and silence your phone, even though you know you are making headway as an entrepreneur?

In this interactive presentation, Renée Riley-Adams invites you to cultivate positive behaviors that allow you to see your talents and step into your power. With humor and kindness, Renée invites you to befriend and calm your Inner Critic, see the positive intention behind destructive self-talk, and learn to gracefully stand in what is true for you. You will gain a better sense of what motivates you to create healthy habits that sustain work/life balance.



As a life coach and facilitator at Balanced Life Coaching, Renée helps people see opportunities for growth, resilience and choice. With her playful humor and colorful approach, she assists others to gently and courageously explore "new ways of being."

For over six years, Renée has inspired employees at La Clinica to communicate with compassion and to understand teamwork and motivation. She was also a presenter at the 2018 Women's Leadership Conference in Ashland.

<b>When</b>	Thursday, April 11, 2019 5:30 Networking 6:00 Dinner and Introductions 7:00 Program 8:00 Meeting Ends
<b>Where</b>	Rogue Regency Inn 2300 Biddle Road, Medford
<b>Cost</b>	Member - \$ 26* Non-member - \$ 31*

<b>Menu</b>	<b>Regular</b> entrée – Champagne Mustard Chicken  <b>Vegetarian</b> option – Portobello Mushroom Ravioli (please request when registering)  The meal also includes: Tossed green salad, sauteed vegetables, rolls and butter. Dessert: Lemon cheesecake Coffee (regular and decaf), tea (hot and iced)
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**\*Get a \$3 discount for online registration and prepayment at wesoweb.org!**

Prepay an online reservation or call Cat Carroll at 541-890-4266. (Also call Cat about food allergies, cancellations, or other questions about registration.) Please submit your reservation request (online payment or phone) by 9:00 p.m. on Apr. 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.

**Visit [wesoweb.org](http://wesoweb.org) to make online reservations.**