



*(Please forward this to anyone that may benefit)*

## **FREE WEBINAR**

### **Affirm Yourself for Personal and Professional Excellence**

## **Join us for a FREE Webinar on June 6**

### Free Webinar **Affirm Yourself for Personal and Professional Excellence**

by Janet Edmunson, M.Ed.

Wednesday, June 6  
Noon – 1:15 EDT

Register Online Today by clicking the link below.  
Or paste the link into your browser.

Webinar will be 75 minutes in length.

**All attendees will be entered into a drawing for Janet's book  
*Finding Meaning with Charles***

noon (Eastern)  
11 a.m. (Central)  
10 a.m. (Mountain)  
9 a.m. (Pacific)

Registration Link: <https://www2.gotomeeting.com/register/225603730>

**Webinar Description:** In this webinar, Janet helps you jumpstart your inspiration for developing personal and professional excellence. By using affirmations and real-life stories, this webinar helps you ignite new energy and explore what is most important to regain passion for your work. Through this process, you'll discover how to make your life and work more meaningful and your influence on others more powerful. In this webinar, you will learn how to:

- Re-define your life's focus
- Affirm yourself to actually reach the goals you set
- Inspire and mentor others to reach their potential
- Tackle challenges by drawing from the reservoir of strength you have within
- Bring in more optimism

- Discover your strengths

**About Janet:** Janet has over 30 years' experience in the health promotion field. She retired in May 2007 as Director of the Prevention & Wellness for a staff of 20 at Blue Cross Blue Shield of Massachusetts. Since retirement, as President of JME Insights, she is a national inspirational speaker having spoken to over 200 groups. While working full-time, Janet took care of her husband, Charles, during the five years he fought a movement disorder with dementia. Janet wrote about her experience in her book, *Finding Meaning with Charles*. Janet is currently the Chair of the Board of Directors for the Foundation for PSP, CBD and Related Brain Diseases and has a Master's degree from Georgia State University. She resides in South Portland, Maine.

**Webinar Format:** You may participate in one of two ways:

1. The **first** viewing method is via access through the internet. You can view the presentation on your computer and listen via your computer speakers or USB headset connected to your computer.
2. The **second** option would use the internet and a telephone connection, or just the telephone. **Please note: If you use this second option, you may need to pay applicable phone charges from your telephone carrier.**

**Once you register**, you will receive an **email from Transformation Consortium** confirming your registration with information you need to join the webinar.

**Space is limited** and registrations are taken on a first come first serve basis.

**For Additional Information:** You can contact David Lee at [david@humannatureatwork.com](mailto:david@humannatureatwork.com) with any questions you have about participating.