

Wednesday, September 21		
Time	Event	Room
7:00 a.m. to 8:30 a.m.	Registration	123
7:30 a.m. to 9:00 a.m.	Breakfast, and President's Welcome - Nita Brooks	124
	Visualization Icebreaker Exercise - Patti Ellingson	
9:00 a.m. to 10:30 a.m.	Business Workshop: Empowering Yourself to Succeed -Mike Moore	124
10:45 a.m. to 12:15p.m.	Business Workshop: THE GOAL...a new you, "It all begins with a thought" - Ruth Ann Davis	124
12:15 a.m. to 1:15 p.m.	Luncheon & Presentation: <i>Contracting Business</i> magazine's 2011 Woman of the Year - Jaimi Lomas, GM, A.O. Reed	124
1:15 p.m. to 2:45 p.m.	Interactive Workshop: Safety for Women- Self Defense Tips and Techniques. -Marita Bower	124
3:00 p.m. to 4:30 p.m.	Business Workshop: The Many Forms of the Modern Woman -Ruth King	124
4:30 p.m. to 5:00 p.m.	Wine & Cheese Wrap-up Session	124

Pre- Registration \$150.00 thru August 19th  
 On site & after August 19th \$175.00  
 Non-Members \$250.00 (Includes 1 year membership.)

### Empowering Women to Succeed within our Industry!

Women in HVACR exists to improve the lives of our members by providing professional avenues to connect with other women growing their careers in the HVACR industry. We empower women to succeed through networking opportunities, mentoring and education



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# Join us for the 8<sup>th</sup> Annual WHVACR Conference



September 20<sup>th</sup> & 21<sup>st</sup>  
 Indiana Convention Center  
 Indianapolis, IN

This dynamic event offers an opportunity to mingle with old friends and make new connections with other successful women in the HVACR industry. Held each fall in conjunction with Comfortech, the Women in HVACR Conference provides an exciting opportunity to learn from industry leaders and energetic speakers. Our workshop topics are designed to keep you current on industry trends and teach you new techniques to ensure your success!

Don't miss out on the opportunity to join us!  
 Go to [www.womeninhvacr.org](http://www.womeninhvacr.org)



# Empowering the Woman Within

## Inner Strength, Career, Finances, Health & Wealth, and Connections

September 20th - 21st at



Nita Brooks

The Woman in HVACR President will kick off the event with an empowering welcome message: **An Empowered Woman, All Begins and Ends With YOU!** Followed by WHVACR organization details and information.



Mike Moore

**“Empowering Yourself to Succeed”** Have you ever felt that what you want to achieve is impossible? Have you been faced with fear or feelings of doubt? Then, it’s time to take charge and learn how to empower yourself! This session will help you understand these principles and how to apply them in your life: Believe in your ability - Challenge yourself - Act now, and not later - Trust yourself . *Eleanor Roosevelt once said “You must do the thing you think you cannot do.”* **This session will motivate you to become a “Warrior” and believe that you CAN succeed!**

**The Goal- A New You, “It all begins with a Thought”**. Have you ever wished you could have it all? In this session you will learn personal empowerment through the power of the mind, goal setting, dreaming, visualization and journaling. You will learn simple steps on how to achieve your goals. **Dreams really do come true!**



Ruth Ann Davis

**Contracting Business Magazine’s 2011 Woman of the Year**, General Manager at A.O. Reed in San Diego, CA shares her message of determination, perseverance and a strong work ethic. Through her “Can Do” attitude Jaimi overcame stereo types in the industry to become a successful business woman with a proven track record.



Jaimi Lomas

**Safety for Women:** Many of us in HVACR find ourselves traveling alone or walking into an unfamiliar environment for our jobs. This workshop presented by a self defense authority will provide tips and techniques to help make smart choices and stay safe. “Be prepared not scared”.



Marita Bower

**“Hats Off to You” The Many Forms of the Modern Woman.** As women we find ourselves filling many roles in life; wife, mother, daughter, sister, friend, business woman, community leaders, and many others. By just being women we empower and motivate those around us all the time through our actions. This session will talk about how to use the 3 E’s in life: **Enthusiasm, Excitement and Energy** to continue to “Empower the Woman Within”.



Ruth King