

Bad Habits; Who ME??

How to Change an Old Habit into a New Habit

Presented by Patrice Manuel



Patrice Manuel
CEO & Senior Principal
P/Strada

The mission of the American Business Women's Association is to bring together businesswomen of diverse occupations and to provide opportunities for them to help themselves and others grow personally and professionally through leadership, education, networking support, and national recognition.

Changing Women's Lives

One Woman at a Time

For more information about ABWA's Mo-Kan Chapter, visit our website at www.abwamokan.org

We're on Facebook and LinkedIn!



www.abwa.org

Wednesday, June 12, 2019

Deer Creek Golf Club

7000 W. 133rd Street, Overland Park, KS 66209

Networking: 5:45-6:30 PM

Dinner: 6:30-7:00 PM

Program: 7:00-7:45 PM

Chapter Business: 7:45-8:15 PM

Founded by CEO and Senior Principal Patrice Manuel in 2001, P/Strada's foundation is the result of Ms. Manuel's wide-ranging experience managing complex challenges throughout the world over a 20-year period as a U.S. Army officer. Her combination of experience and education has prepared her to create a team of like-minded professionals who provide successful solutions in the areas of professional and organizational development, project management, training, business and leadership coaching.

We all have bad habits that are ruining our lives! Patrice will help us all answer some of the following questions:

- How can I establish a new routine?
- How do I know if a habit is good or bad?
- How can I recognize and avoid the triggers that lead to bad habits?
- How can I stay motivated when my habits go against the grain of my social environment?
- I know I shouldn't do it, but I can't stop. How can I stay disciplined?

Guests are welcome! Event cost includes dinner. **CASH BAR**
\$22 for **ABWA** members & full-time students
\$25 for guests

Reservations required by Monday, June 3 using one of the following methods:

- 1) Pre-pay at www.abwamokan.org
- 2) Email ABWAMoKan@gmail.com
- 3) Call 913-390-3466

Easy
Registration