

# American Business Women's Association Meeting

Tuesday, October 06

The American Business Women's Association has invited NCSU MBA students to attend their monthly meeting on Tuesday, October 6 at the NCSU University Club on Hillsborough Street in Raleigh. Meetings begin at 6pm with registration and networking, followed by dinner, a brief business session, and an engaging personal or professional development program speaker. The meeting on Oct. 6 will feature a program from Jeff Davidson on "Managing the Pace with Grace".

Jeff Davidson is known as "The Work-Life Balance Expert" addressing corporate and association audiences. He wrote "Breathing Space," the "60 Second Innovator," and the "60 Second Self-Starter". In this session, Jeff will lay out Breathing Space strategies and techniques for effectiveness that anyone can quickly master, covering such issues as Root Causes of the Time Pressure, What Fills Your Days and Why, Handling Information Overload, Gaining Greater Control of Each Day, and Maintaining a Keener Focus. The program is free of charge and the meal is \$15.

The American Business Women's Association's mission 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. Scholarship fundraising is another key focus. Annual fundraising events include a golf tournament, card party and a tea cup raffle and auction. ABWA National provides a comprehensive platform from which members have opportunities for education, leadership, national recognition, and benefit from the collective wisdom of professional women across the country. ABWA is all inclusive across age, race, creed, color, and provides opportunities for blue collar, white collar, CEOs, MBAs, and telecommuters.

For questions about the Oct. 6 meeting or the American Business Womenss Association, please contact [Valerie Cothran](#).