

# "Turmoil to Tranquility"

Brought  
To  
You  
By  
Your:



*Important  
DATE!*

Thursday Morning  
October 15th, 2009  
8:00 AM



## Laura Rolands- Featured Speaker

Laura Rolands is the founder of LSR Coaching and Consulting, LLC.

She is a consultant and coach who's passion is to support, lead, and inspire independence and success for her clients.

Advance registration before  
October 8th, 2009 is appreciated.

Please contact Crystal Kontos:  
(248) 593-3213 or  
ckontos@easternmichiganbbb.org

## "Tools for Managing Time"

Do you have trouble managing your time  
at home or at work?

Do you need more hours in the day?

Do you or your employees miss deadlines  
or assignments due to  
disorganization?

Get More  
From Your  
Valuable Time!



## Oct. 15th Business Card Exchange & BBB Open House

Don't miss this interactive session designed  
to show you how to overcome these  
challenges. Each  
person will leave the session with the  
knowledge to develop an action plan, and  
leave these  
obstacles in the past!

Join us at our new office location,  
at 26777 Central Park, Suite 100  
- Southfield, MI 48076



Free Continental breakfast and networking  
session, Sponsored by Office Depot.

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