



For more information:
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What: PowerShift Event: "Powershift 1 - Self-Awareness now"
Speakers: Kim Evans, CEO Secure Vantage Technologies
Tracy Rummel, president The Brandsoup Agency
Patricia Gras, host PBS "Living Smart"
Joyce Agu, winner of "The Amazing Race"
Alexandra Pruner, CFO Tudor Pickering
Laura Lopez, author of "The Connected and Committed Leader"

PowerShift® is a workshop series that enables you to achieve well being from the inside out. We have an infinite source of power within that we can tap to achieve our goals and desires. Too often we don't leverage our power source or we give our power away. PowerShift serves to remind us of this grounding, unwavering, constant and reliable source of power that we each possess. It provides you with practical ways to get and stay connected to your own power, to remain authentic, and to be energized and inspired in your efforts.

If you want to be self aware of your thoughts and actions, passionate about your life and livelihood, joins us for a lively and inspiring event.

When: Tuesday, November 11, 2008
6:30pm - 9:00pm

November 11th is the first workshop in the series and is the bedrock of PowerShift. At this workshop we'll focus on "Self Awareness here and now". To be truly empowered is to have the ability to reign in unproductive and potentially toxic compulsions. Quiet and calm your mind in the midst of chaos, anxiousness, fear, anger, unfulfilled expectations, disappointment or self doubt to form a solid foundation for your PowerShift. Being self aware is the first PowerShift.

Where: Houston Technology Center
410 Pierce Street
Houston, TX

How: RSVP Required. Register today and take advantage of our pre-registration cost of \$25. The cost will be \$45 at the door. **Register today at www.powershift.me.** **Contact Info:** 713.294.9888 Email: tracy@suite-eleven.com

Sponsors:

