



**NATIONAL ASSOCIATION OF
WOMEN BUSINESS OWNERS**
Orange County

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**MOTIVATIONAL SPEAKER TO ADDRESS ‘BLESS YOUR STRESS’
AT NAWBO-OC MARCH 6 DINNER MEETING**

ANAHEIM, Calif. (Feb. 23, 2007) – “I’m so stressed!” Sound familiar? Life stresses everyone out from time to time, but it is manageable, as motivational speaker Mimi Donaldson will explain as she speaks on the topic “Bless Your Stress” during the NAWBO-Orange County dinner meeting Tuesday, March 6, at the Irvine Marriott. Members and guests are invited to attend.

In humorous fashion, Donaldson will describe why stress can often be a blessing in disguise, expanding on the following points:

- How to contain, control, clean up, and convert stress into positive energy
- How to identify the “triggers” causing everyday stress
- How to look within one’s self to discover why the triggers affect them
- How to recognize the onset of triggers and respond effectively

Registration and networking begins at 5:30 p.m., with the dinner and program following at 6:30 p.m. The Irvine Marriott is located at 18000 Von Karman Ave., in Irvine.

Donaldson, a motivational speaker for more than 20 years, encourages people of all backgrounds, industries, and demographics to laugh at life. Her keynote speeches, workshops and in-house training programs have won her much acclaim, and she has spoken at more than 900 events in dozens of industries. She has been a guest on numerous radio and television programs, as well as the subject of more than 200 magazine and newspaper articles.

Donaldson co-authored “Negotiating for Dummies,” which is published in six languages and has sold more than 1 million copies worldwide. Her new book, “Bless

Your Stress: It Means You're Still Alive!" has been well received by reviewers and readers alike.

NAWBO-OC members prepaid by Feb. 28 are \$45; \$55 at the door. Non-members paid by Feb. 28 are \$55; \$65 at the door. Walk-ins can be accommodated only on a space-available basis.

About NAWBO-OC

With nearly 400 members, NAWBO-OC positions women business owners for profits, power and the passionate pursuit of excellence. The organization provides encouragement and support, networking opportunities, educational programs, and professional development. There are nearly 90 NAWBO chapters in the U.S., represented in 33 countries worldwide. NAWBO-OC is the nation's second-largest chapter. For information or reservations, call 714-630-2983 or visit www.nawbo-oc.com.

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