Women's FAiR

FEB. 17-19, 2017

Century II Expo Hall Wichita Kansas

BUSINESS WORKSHOPS

Kara Hunt, SPHR
Vice President of Human Resources,
Delta Dental of Kansas

B98

Friday, February 17

3 p.m.

ADVANCING YOUR CAREER

Lessons from the other side of the desk

Advance the business of your success in today's constantly changing work environment with complexities from the data explosion, technical advances and managing a bigger workload with fewer personnel.

You will learn to:

- **Adapt** and thrive in the new workplace
- **Build** your options for future success
- **Balance** your focus between current projects and developing new skills
- **Network** with the right people for the right reasons
- **Distinguish** yourself with every communication
- **Master** electronic communication skills including email and texting tips, techniques and protocol.

Don't miss well known certified image consultant and wardrobing expert **Carrie Trieschman's** "Five Strategic Fashion Formulas" presentation following the Business Workshop 4:00 pm

Busy Brain Cure

Using mindfulness to rewire, refresh and de-stress

Busy has become the four-letter word that so often describes our lives today, making it difficult to focus and leading to us feeling out of control, anxious and tired. As a leading expert in brain health and stress management, celebrity physician "Dr. Romie" Mushtaq will share how to reduce stress by applying mindfulness techniques to your daily living.

You'll learn how to:

- **Take control of your "busy brain"**
- **Improve your focus, reduce your anxiety and sleep like a baby**
- **Use mindfulness "brain hacks" to avoid over medication and addictive foods and stimulants**
- **Say goodbye to stress and hello to feeling in control of your life**

Presented by
Romila "Dr. Romie" Mustaq, MD
neurologist and board certified in integrative medicine

Via Christi HEALTH

Saturday, February 18

1:30 p.m.