



**Drastically Discounted Rate
as a Thank You to Our Membership!**

Date: Thursday, December 3, 2009
Location: The Carriage House - Lewiston
Time: 8:00 AM to 4:00 PM

Professional Renewal...

...Both In & Out of the Office

Everything about today's work environment can cause stress—a poor economy, cutbacks, technologies that provide us more information but not more time, draining interactions with colleagues and customers, having to do more with less, plus many other factors. Often, stress “creeps up on us” over time and we are not aware of how great it has become until we are nearly frantic. You are not alone... in fact; you are in the vast majority. You need to step back and take an objective look at where you are, how you got there, and what you need to do to reduce the stress in your professional and personal lives. This course also delves into how you can embark on “new beginnings” in your career, taking control of its direction and your contentment on the journey.

Learning Objectives

Upon successful completion of this course, participants will be able to:

- Assess their personal levels of stress
- Determine the root causes of their stress
- Recognize their own patterns of stress reaction
- Apply practical tips and techniques for reducing & relieving stress
- Employ new ways of dealing with stressful situations, people and attitudes
- Identify how to live more balanced & productive lives

Jane Boucher

Jane received her Bachelor of Science and Master of Arts from Ohio State University. She has done doctoral work at the University of South Florida and has been an adjunct professor at the University of Dayton, Wright State University, and The McGregor Graduate School of Antioch University...all in Ohio.

The author of six books, she uses both the podium and paper to promote personal and professional excellence. Her best-seller: *How To Love the Job You Hate*, has been endorsed by Dr. Kenneth Blanchard, respected author of the best-seller, *The One Minute Manager*. She is also a nationally syndicated newspaper columnist appearing in business journals throughout the country.

Jane worked with at-risk youth before going into her professional speaking career. This high-powered Fortune 500 professional speaker, corporate trainer, executive coach, and consultant tells it like it is with organizations such as: General Motors, IBM, Inc. Magazine, and the United States Air Force. She has received praise from such notables as Senator Orrin Hatch and has shared the platform with General Norman Schwarzkopf and Bernard Siegel, M.D. Not shy with the media, she has been on more than 1,000 radio and television programs, including CNBC and CBN.

She is one of the most dynamic women on the speaking circuit today. The National Speakers Association awarded the CSP designation to Jane. Less than 8% of all professional speakers hold this distinction.



Take advantage of the MEMGMA Member discount price of only \$35.00! Bring along as many staff members as you can spare for only \$35.00 each! Your staff will thank you! This event is a great office morale booster!



Maine
A State Affiliate

**Drastically Discounted Rate
as a Thank You to Our Membership!**

Educational Session - Registration Form

Professional Renewal - Both In & Out of the Office Presented By Jane Boucher

Date: Thursday, December 3, 2009 **Member Price:** \$35.00
Location: The Carriage House - Lewiston **Non-Member Price:** \$100.00
Time: 8:00 AM to 4:00 PM **Includes continental breakfast & buffet lunch**

*Registration, continental breakfast and networking from 8:00-9:00. Session begins at 9:00.
Buffet lunch at 12:00. Networking breaks in the morning and afternoon.*

Directions to the Carriage House (1119 Lisbon Street, Lewiston, ME):

From Interstate 95 take Exit 80. From the south turn left (from the north bear right) onto Alfred Plourde Parkway. Take the ME-196W ramp towards Lewiston then take a slight right onto ME 196/Lisbon Street. Follow for a half mile and the Carriage House will be on your left.

Attendees:

_____	_____	_____
Name	Title	E-Mail
_____	_____	_____
Name	Title	E-Mail
_____	_____	_____
Name	Title	E-Mail

- MEMGMA Member
- MEMGMA Member Staff
- Non-Member
- MEMGMA Member
- MEMGMA Member Staff
- Non-Member
- MEMGMA Member
- MEMGMA Member Staff
- Non-Member

*For MEMGMA member staff, please enter MEMGMA Member Name: _____

*Please copy form for additional attendees.

Practice: _____

Address: _____

Phone: _____

Total Enclosed:

Total MGMA Members (\$35 each) _____

Total MGMA Members Staff (\$35 each) _____

All Other (\$100.00 each) _____

Total Enclosed: _____

Please send this form with payment to:

Karen Wheeler
 Education Chair, MEMGMA
 Mid-Maine Internal Medicine
 P.O. Box 247
 No. Vassalboro, ME 04962

Please make checks payable to: MEMGMA

Contact Information:

Phone: (207) 873-6173
 E-mail: karenkay@roadrunner.com

*We do not offer refunds for cancellations,
but substitutions for this event are allowed.*

A Special Thank You to Our Corporate Vendors:

Advanced Collection Services
 American Fidelity Assurance Co
 Evolve Technologies Corp
 Healthcare Marketing

Kilbride & Harris Insurance, LLC
 MD-IT Transcription Services
 Medical Mutual Ins Co Of ME
 MorrisSwitzer~Enviroments for Health

National Telephone & Technology
 Network Systems, Inc
 RI Transcription Solutions
 The Echo Group
 The Thomas Agency