

# W WOMEN'S NETWORK

MARTINSBURG-BERKELEY COUNTY CHAMBER OF COMMERCE

JEFFERSON COUNTY CHAMBER OF COMMERCE



Dr. McCarty is a licensed clinical psychologist with 35 years of experience in the counseling and mental health field. Over the years, he has served as director of family and child services on an Indian reservation, developed and ran a nationally recognized alcohol and drug program, and worked extensively with veterans returning from past and current wars.

Dr. McCarty is excited about new mind/body technologies that have been discovered and developed over the past decade that are transforming the counseling and mental health landscape, including our understanding of stress. He will be addressing these new developments in his talk on "Harnessing Stress for Personal Empowerment". Keywords for this workshop include happiness, imagination, feeling good, focused thought, brain entrainment, dreams, sleep hygiene, journaling and Starbucks. Dr. McCarty is currently in private practice at the Historic McFarland House.

## Harnessing Stress for Self-Empowerment

Ever wondered where you were going to find time to do all the things that you needed to do in the day --- and it's only 9:00 a.m.? Ever had a day when so much is happening --- and none of it was on your morning agenda? Ever feel like life is moving on, time is speeding up --- and you are struggling to keep up with it? If you have answered "YES" to any of these questions, then this workshop may be of interest to you.

Stress is part of our everyday lives. Most people have been taught that stress is a temporary condition, one that we must tolerate and somehow combat, until it goes away. Few people know how to use stress as a positive source of energy to enhance their life and their personal performance. Learn how stress works and how it functions in our lives. Learn to harness your stress as a way to empower yourself, build your self-confidence, and re-establish a sense of well-being and balance into your life.

Stress can be a powerful tool for personal development....discover how in this workshop.

You won't want to miss this opportunity to

CONNECT

EMPOWER

ENGAGE

Thursday, September 15, 2011  
5 p.m. to 8 p.m.

Historic McFarland House

409 South Queen Street - Martinsburg

5:00 p.m.	Registration, Dinner and Cash Bar
5:45 p.m.	Introductions and Announcements
6:00 p.m.	Speed Networking—bring a supply of business cards
6:15 p.m.	Workshop
\$25	Dinner and workshop for Women's Network Members
\$50	Dinner, workshop and Women's Network Membership

Click [here](#) to register or call (304) 267-4841

Reservations are required. Cancellations will be honored with a full refund if received by 9/9/2011. No-shows and cancellations after the deadline will be charged the full price of the workshop.

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