



CAREER WOMAN, MENTOR AND CHAMPION, LISA QUAST, HONORED BY COMMUNITY AS A “WOMAN TO CELEBRATE”

*Public Recognizes Local Author of *Your Career, Your Way*, and Respected Businesswoman
for Outstanding Contributions to the Community*

Seattle—September 24, 2007—Today, ACT Theatre, in conjunction with the YWCA of Seattle-King County and Snohomish County, the *Seattle Times* and the *Seattle Post-Intelligencer* honors a group of publicly nominated women for their achievements and involvement in the community. A panel of local volunteers reviewed more than 40 nominations and chose 11 women for the ‘Women to Celebrate’ award. Among the top women selected was Lisa Quast, the founder of Career Woman, Inc., new author of a career guide for women, well-known local speaker and mentor, and profoundly successful corporate executive.

The Award, given to coincide with ACT Theatre’s new production of “The Women,” by Clare Boothe Luce, which opens October 5th at ACT in downtown, invited the public to nominate local women—from stay-at-home moms to award-winning geneticists—to be recognized for their personal and professional accomplishments. Celebrating those women selected, an awards ceremony will be held this evening, September 24th at 6:30 PM at ACT Theatre, located at 700 Union Street, where Lisa will be honored amongst her peers.

Lisa Quast embodies the spirit of the award, which seeks to “celebrate women today, from all walks of life and all points of view.” Quast, who recently published her first book *Your Career, Your Way: Personal Strategies to Achieve Your Career Aspirations*, is a fierce advocate for women in the workplace and serves as a career coach and mentor. Her book places emphasis on developing a strategic career plan that can help anyone set and achieve their professional goals; an idea that aligns perfectly with the values represented in ACT and YWCA’s award.

For more information, to purchase her book, or inquire about having Lisa speak at your company or event, please visit www.careerwomaninc.com.

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Media Contact:

Aaron Hilst
REVOLUTION PR on behalf of Career Woman, Inc.
206-355-3506 or aaron@revolutionpr.com

About Lisa Quast

Lisa Quast is the CEO of Career Woman, Inc. and has succeeded at business and in her career in areas that have been traditionally male dominated. She is recognized for the successful development of personnel and organizations, is a sought after speaker and executive coach, and in 2005, was named by the *Puget Sound Business Journal* as one of the top 40 under 40 business leaders in Seattle. The award honors top leaders under the age of 40 who work hard to drive the business community's future and demonstrate dynamic leadership and social responsibility. ***Your Career, Your Way*** is her first book.

About Career Woman, Inc.

Career Woman, Inc. is an international consulting company dedicated to the growth and development of women. Career Woman, Inc. works with companies who are interested in better utilizing their untapped female talents and in unleashing the potential of women in their workforce. Career Woman, Inc. also works with individual women, helping them create personal career strategic plans, providing coaching and leadership development training, career planning services, personal image consulting, and helping women who are transitioning back into the workforce after time off.