

*Join us
for the Division C Breakfast at Indian
Summer Golf and Country Club*

Enjoy Division C's Toastmaster Breakfast. Hear two Keynote speakers, and attend a meeting, April 12, 2008. Registration begins at 8:00 a.m. to 8:30.

Breakfast starts at 8:30. Keynote Speakers will start at 9:00.

Lisa Quast: speaks at 9:00 to 10:00 and Ventriloquist, Emily Meier enchants us at 10:00 to 10:30, Division C Toastmaster meeting begins at 10:30 to 11:30 with Suezy Proctor, Steve Fuller, Steve Russell, and Jay Melose in attendance; as well as Division Governor Robin Walker, and four area governors and other toastmasters for this exciting event.

Lisa Quast is the founder of Career Woman, Inc. and a renowned coach and mentor who focuses on helping women (and men) achieve career success and accomplish their professional goals. She is the author of the book, **"Your Career, Your Way!"**

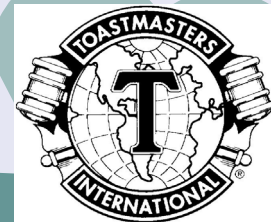
Emily S. Meier: Featured Ventriloquist and Toastmaster: 10:00 to 10:30.

RSVP to club presidents by April 7th with menu selection and money. Guests are welcome.

Menu, map and information about speakers attached to this flyer.

For more information: Contact: Victoria MacDonald,

VicMacD@aol.com



Lisa Quast

Lisa Quast, Author, Entrepreneur, and Corporate Executive

ABOUT LISA

Lisa Quast is the founder of Career Woman, Inc. and a renowned coach and mentor who focuses on helping women (and men) achieve career success and accomplish their professional goals. She is the author of the book, ***“Your Career, Your Way!”*** (published in January 2007) and she is also the Executive Vice President of Strategy Planning for Philips Healthcare, a \$6 billion division of Royal Philips Electronics.

Lisa has spent the last two decades working in the worldwide high technology healthcare industry, completing projects around the globe in areas such as strategic planning, business development, marketing, sales, service, operations, product management, pricing, and coaching/talent development. She has succeeded at business and in her career in areas that have been traditionally male dominated. Lisa was the youngest winner of the President's Award at Toshiba America Medical Systems, the first female Service Director at Medtronic Physio-Control, the first female Service Vice President at Philips Medical Systems, and is currently the first female Executive Vice President of Strategy Planning at Philips. Throughout her career, she has dedicated a focused effort to mentoring others and helping them achieve their career potential.

In 2007, Lisa won the “A Woman to Celebrate” award (for achievements and involvement in the community), from the ACT Theatre, YWCA of Seattle-King County and Snohomish County, the *Seattle Times* and the *Seattle Post-Intelligencer*. In 2006 she earned the “Woman of the Year” award, from the American Biographical Institute; and in 2005 Lisa was an honoree of the “Top 40 Under 40” award (which honors leaders under the age of 40 who work hard to drive the business community's future and demonstrate dynamic leadership and social responsibility), from the *Puget Sound Business Journal*.

Lisa will provide an engaging presentation that will arm the audience with the knowledge and actionable measures for implementing ideas and activities that allow them to attain career goals. For additional information about Lisa as well as tools, tips, techniques, and resources for helping you in your career just log onto her website at: www.careerwomaninc.com and check out her two blogs at: <http://www.careerwomaninc.com/blog/> and <http://blog.seattlepi.nwsourc.com/careerchic/>

Her presentation will be based on her book, ***“Your Career, Your Way!”***, which teaches how to take the process of strategic planning; the same methodology businesses use to position themselves competitively, and apply this process to yourself. Topics that will be reviewed and discussed will include how to:

- Review your assets and liabilities
- Determine your differentiators
- Obtain customer feedback
- Identify and evaluate your competitors
- Determine your goals
- Create your career strategic plan
- Implement your strategic plan
- Check your progress
- Stay focused
- Celebrate and reward achievements

So, if you'd like to learn techniques on how to advance in your career and achieve your career aspirations, don't miss this exciting presentation!