

# Workshop Descriptions

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## **Workshop Session I (9:30 a.m.)**

Charity Begins At Home - What is a Non Profit Agency and how to start one?

Wealth Building - Are you filling your time with needless financial stress? Learn how to build your net worth one day at a time.

Becoming Financially Free in 2003 - Retirement and financial planning for today's woman.

Keys to Women's Health - What every woman needs to stay healthy and vital.

A Taste of the Caribbean - Edible garnishments for every taste.

Women's Business Ownership - Start your own business, Be your own boss.

The IRS and You - Things your tax preparer should be telling you.

Let's Get Organized - Getting it all together to manage the times of your life.

Getting Your Feet Wet in the Stream of Business - How to start your own business and not drown in the process.

## **Workshop Session II (10:45 a.m.)**

What's A Girl to Do? - Things to ask your GYN at your next visit.

Show Me the Money -Getting the gold through grant writing.

"Who's In Charge Here?" - Learning to lead without conflict and compromise.

Securing an Advanced Degree with Advanced Experience - It's never to late to return to school.

Putting Your Financial House in Order - Are you ready to stand on your own two feet? This workshop will give you the knowledge on being financially stable.

Legal Options Facing Today's Women - No longer does a woman have to feel helpless when faced with a legal issue.

Investing, Yes It's for You!- It's not just for the rich and famous.

Where's the Money? - Keys to finding funds for a business start-up.

"I Have A Dream" - Finding capital in a tight economy to finance your dreams (start your own business).

Health Weights - One stop shop for weight management (nutritional, exercise and meal preparation for women on the go).

## **Workshop Session III (1:30 p.m.)**

Look Smart and Feel Great - Personal appearance and wardrobe tips to meet your business needs.

Sisters Helping Sisters - Spreading knowledge and empowerment through mentoring.

Managing the Melting Pot of Diversity - How to navigate the personality, age and gender issues in the workplace.

Food for the Soul - Feeding the spirit to motivate the will to succeed.

Let's Get Physical - Tips to work the body for a healthier you.

Closing the Digital Divide - How to fulfill the promise of the information age by providing every American access to technology and the skills to use it.