



Loren

Carmel-Ann

# MONTHLY SPONSOR

## BEING WELL WITHIN

help when life throws you curves

Loren Gelberg-Goff and Carmel-Ann Mania have teamed up as “Being Well Within.” The venture is born out of a desire to provide fun, practical and informative workshops to people dealing with life’s “little (and not so little) curves.” Their first book, **“Being Well Within: From Distressed To De-Stressed”** is an extension of their work together and was released in December 2011. Whether it’s managing stress, balancing work and family, or discovering your authentic self, Loren and Carmel-Ann have the tools to help you navigate the path, clear the roadblocks and find your way!

This pair of dynamic women provides a well-rounded approach to workshops and seminars that help participants to make tangible changes and take practical steps toward problem resolution and personal empowerment. With their combined years in private practice, workshop presentations and professional development experience, Loren and Carmel-Ann are bringing their unique personal approach to individuals in their self-run groups and classes, as well as to mid- and larger size organizations in need of employee/team development. Whatever the need—from Employee Assistance Programs to corporate education programs, wellness and safety classes, to workplace relationships and conflict resolution-- “Being Well Within” offers a personalized solution for you and your employees.

With emphasis on the practical, they deliver information, ideas and strategies in a most accessible, relatable manner. They specialize in providing an integrated approach that is customizable for both individual and corporate needs. For smaller businesses with team development needs, “Being Well Within” has groups that you or your employees can attend off-site or via teleseminars or webinars.

Have you got changes in your future and want to ease the transition for your workforce? Do you need to work with yourself or your employees on conflict resolution, stress management, or coping skills? Then “Being Well Within” has a program or series to help you “when life throws you curves.”

Being Well Within

[www.beingwellwithin.com](http://www.beingwellwithin.com)

201-489-6720

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## PUT YOUR BUSINESS IN THE “SPOTLIGHT”



We are looking for Bergen Chapter members who would like to be featured in the chapter’s monthly newsletter – **we have 4 “Member Spotlight”** slots still available on a “first-come, first-served” basis.

Please send a two-paragraph description of your business and its services as well as **why NJAWBO membership is important to you or how it has helped you build your business! We would also like a profile picture (jpg) to include with your “spotlight.”** Your spotlight will appear in the order in which it was received. The Chapter Marketing Department reserves the right to edit information based on space availability. **Submit your information to Bernadette Flaim, VP Marketing, by email at: [organize@a2donline.com](mailto:organize@a2donline.com)**