

## From Distressed to De-Stressed

*Thank You to our  
Monthly Sponsor*

BEING WELL WITHIN   
help when life throws you curves

Take a Break in Your Day... Sleep Better tonight!

**If you are uncertain about your Job/Career...**  
**If your Finances are out of control...**  
**If you're looking for Balance in your life...**  
**If you're dealing with Health challenges...**

Attend this powerful and empowering one-hour seminar as we explore causes of stress and proven methods you can use to **effectively deal with the dangerous stressors** that we all face just living in today's world.

You'll learn five **easy, beneficial, effective coping strategies** so you can better handle all the stressors in your life and thereby reduce your overall stress levels in general. You'll also **learn new ways to increase your overall resiliency and "bounce-back" abilities.**

**Date:** February 7, 2012

**Time:** 12:00 noon – 2:00 p.m. Ethos Fitness • Spa • for Women

85 Godwin Avenue (at Goffle Road), Midland Park Shopping Center, Midland Park, NJ 07432

T: 201-251-4500, F: 201-251-3900 • Email: [info@ethosfitness.com](mailto:info@ethosfitness.com)

**Cost:** Free – lunch provided courtesy of Ethos Fitness

RSVP no later than Thursday, February 2nd - [lunch@njawbobergen.org](mailto:lunch@njawbobergen.org)

You **MUST** register in order to attend – no walk-ins, please.

# February Program Calendar

\* Subject to change: [www.njawbobergen.org](http://www.njawbobergen.org)

## UPCOMING EVENTS

### NJAWBO

#### Lunch – February 7th

12:00 noon – 2:00 p.m.

Ethos Fitness • Spa • for Women, 85 Godwin Avenue (at Goffle Road), Midland Park Shopping Center  
Midland Park, NJ 07432

**Cost: Free – lunch provided courtesy of Ethos Fitness**

RSVP no later than Thursday, February 2nd - [lunch@njawbobergen.org](mailto:lunch@njawbobergen.org)

You MUST register in order to attend – no walk-ins, please

#### Breakfast – February 16th

8:00 a.m. - 9:30 a.m. Panera's Bakery Cafe, 165 Route 4 West, Paramus, NJ (Kohl's Shopping Center)

**Cost: Members: \$10 Non-members \$15.00 (cash only)**

Join us to help brainstorm solutions to a member-presented challenge

For reservations: Email Joanne Clark at [jcwills@optonline.net](mailto:jcwills@optonline.net)

#### No dinner meeting in February

### MEMBER SPECIAL EVENTS

#### Worth New York Trunk Show – February 3-13th

Julie Cohen – Independent Style Consultant, 287 Anderson Avenue, Alpine, NJ

**Cost: Free – \$50 gift card for NJAWBO members**

Please call or e-mail for an appointment: 201-784-3696(h) 201-819-0976(c)

[jcohen@worthcollection.com](mailto:jcohen@worthcollection.com) Preview collection: [www.worthnewyork.com](http://www.worthnewyork.com)

### OTHER EVENTS

#### New Jersey Women's Entrepreneurship Series – February 23rd

(see article in newsletter for details)

### BUSINESS OPPORTUNITIES

**Feb 6 IFEL 5th Annual Business Plan Competition** - The Institute For Entrepreneurial Leadership is pleased to offer NJAWBO members an opportunity to enter and enjoy a 20% discount on the entry fee (use discount code NJAWBO Member)! Full business plans are due February 6, 2012 - register here: <http://conta.cc/vPQMzL>

### SAVE THE DATE

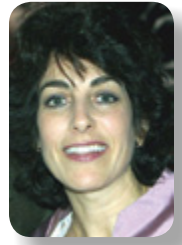
March 21, 2012

Business Card Exchange

*More Details Coming Soon!*



# Message from the President – Caryn Starr-Gates



**“Each today, well-lived,  
makes yesterday  
a dream of happiness  
and each tomorrow  
a vision of hope.  
Look, therefore, to  
this one day, for it  
and it alone is life.”**

~ Sanskrit Poem ~

With our theme this month focused on healthy minds and healthy bodies, I found these verses spoke to the heart of having a positive attitude, a powerful element of both physical and emotional well-being.

I believe that a huge part of our overall well-being is to have a positive attitude, think positive thoughts, and look toward each challenge as an opportunity for improvement, growth, and development. Those last three words are also a large part of what attendees gain when they participate in one of the great seminars and tele-classes offered by NJAWBO-Bergen members Loren Gelberg-Goff and Carmel-Ann Mania, partners in the practice, Being Well Within. We are fortunate this month that they will share some of their insights into creating greater well-being as presenters at our lunch on February 7. This free program will be hosted by ethos fitness spa in Midland Park, a great backdrop to the program’s theme: the beautiful upscale fitness center (for women only) is dedicated to your physical conditioning while its tranquil spa (unisex) offers all the services one needs to relax, pamper, and emerge renewed.

In that Sanskrit poem, the author is encouraging us to live our best lives one day at a time . . . making each day “well-lived” to create a history of happiness and a future of hope. I don’t think anyone can argue that in today’s world we need to generate as much happiness and hope as we can! Some of us do this through community service, others through our work. Our NJAWBO members who are life and business coaches, psychotherapists, and health and wellness practitioners surely are in business to help clients and patients discover (or uncover) ways to make each today as well-lived as possible. Those of us who engage in volunteer service in various organizations and in our communities find enormous satisfaction that comes from making a difference in the lives of others—certainly a positive activity for all involved.

What are the ways you plan to make each day well-lived in 2012? How do you envision creating a future of hope? Share your ideas with us by sending me an email at [caryn@starrgates.com](mailto:caryn@starrgates.com) (put “Well-Being” in the subject line); I will compile your responses and post these on our chapter website ([www.njawbobergen.org](http://www.njawbobergen.org)) as well as on NJAWBO’s Facebook page for others to read—and perhaps to become inspired to generate their most powerful well-being and to “Look, therefore, to this one day, for it and it alone is life.”

*Caryn Starr-Gates*

Caryn Starr-Gates  
President  
NJAWBO-Bergen Chapter  
201-791-4694  
[caryn@starrgates.com](mailto:caryn@starrgates.com)



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

\* \* \* \* \*

## 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)**

# Advertise and Promote Your Business in the NJAWBO-Bergen's E-Newsletter and the Bergen Buzz

## Members

\$25 – Special Event or Announcement for one month  
\$125 – one year – business card size (jpg format)

## Non-Members

\$50 – Special Event or Announcement for one month  
\$250 – one year – business card size (jpg format)

"Business card" will link to website

Special events/announcements will appear in monthly newsletter and on website program calendar



Reach your fellow NJAWBO members and beyond through the Buzz and monthly NJAWBO Bergen e-Newsletter

E-mail Bernadette Flaim – [organize@a2donline.com](mailto:organize@a2donline.com)  
for more information

**EFFECTIVELY  
MARKET YOUR BUSINESS NOW!!**

**An entire month of NJAWBO  
Bergen Chapter meetings  
is yours!**

**People do business and make referrals to colleagues they know and trust.**

Increase your visibility, make powerful contacts and get more from your NJAWBO membership when you become an **exclusive** monthly meeting sponsor.

- ▣ Exclusive one-month sponsorship
- ▣ Company is featured on sponsored meeting notices and chapter website
- ▣ A one-page description of your company is e-mailed to membership
- ▣ Attendance-for-one at each meeting you sponsor
- ▣ Speak for *5 minutes* at each meeting you sponsor
- ▣ Display your company literature at each meeting you sponsor
- ▣ Receive one set of chapter mailing labels to further market your business

Special packages and rates are available -  
Contact Robyn Gnudi-Kalocsay, VP Corporate Relations for details at  
201-401-2673 or email: [Robyn.GnudiKalocsay@leclairryan.com](mailto:Robyn.GnudiKalocsay@leclairryan.com)

**FULL-MONTH SPONSORSHIPS ARE NOW AVAILABLE!**

# NJAWBO Bergen Happenings:

## Member Benefit

NJAWBO Bergen says “Thank You” to members who bring a potential new member (someone who has never attended a NJAWBO event) to a meeting. **Receive a \$5 PANERA gift card when you bring a potential new member to breakfast or lunch, or receive a \$5 MATISSE CHOCOLATIER gift card when you bring her/him to dinner.**

## Jobs

Do you need an employee? Are you looking for a job? Let us know and we'll announce the opportunity in the Buzz. Please e-mail the information to Bernadette Flaim for review at [organize@a2donline.com](mailto:organize@a2donline.com). Upon approval, items will be posted in the Buzz.

## Share Your News

Do you have news to share with your fellow NJAWBO members? Send your special personal announcements to [info@njawbobergen.org](mailto:info@njawbobergen.org), and we'll put them on our Bergen Chapter website (please note this is a member benefit only, and insertions are at the discretion of the editor).

## Volunteers Wanted

Volunteer your time & energy to serve on a chapter committee. It's a great way to network and meet our corporate sponsors! Contact Joan Lefford at [joanle8@optimum.net](mailto:joanle8@optimum.net)

For more information and news about the NJAWBO Bergen Chapter, go to our website at [www.njawbobergen.org](http://www.njawbobergen.org)

## **Become a Monthly Sponsor!**

Contact Robyn Gnudi-Kalocsay, VP  
Corporate Relations for details 201-401-2673 or  
email: [Robyn.GnudiKalocsay@leclairryan.com](mailto:Robyn.GnudiKalocsay@leclairryan.com)