

SEPTEMBER 2006

Contact Us

We welcome your feedback. If you have comments or suggestions for future events, please e-mail us at engage.feedback@goldbergkohn.com. You may also call Goldberg Kohn at 312.201.4000.

NETWORKING - Next ENGAGE Event

As busy professional women, we know how to speed up the pace, go the extra mile, and get the job done - but we sometimes find it difficult to release the stresses of our careers from our minds and bodies. So take a break from your daily stresses and join us to Relax, Rejuvenate and ReENGAGE!

ENGAGE invites you to a networking event designed to help you get away from the daily grind, featuring interactive demonstrations, presentations and samples of holistic approaches to stress reduction, health and wellness, including: functional nutrition, meditation, massage, herbal remedies and yoga. Presented by ENGAGE and the Northwestern Memorial Hospital Center for Integrative Medicine.

The Center for Integrative Medicine offers a blend of traditional primary care medicine with integrative therapies. Board certified internists collaborate with certified integrative practitioners to offer a holistic approach to caring for both acute and chronic medical conditions.

WHAT: Relax, Rejuvenate and ReENGAGE

WHEN: Tuesday, November 7, 2006
5:00 pm – 7:30 pm

WHERE: Catalyst Ranch
656 West Randolph, Suite 3W
Chicago, Illinois

Suggested Donation of \$25 – Accepted at the door. Proceeds will benefit the Northwestern Memorial Hospital Center for Integrative Medicine.



GIVING - Chicago Foundation for Women

At the last ENGAGE event, a reception and private viewing of the Toulouse-Lautrec and Montmartre exhibit at the Art Institute of Chicago, we supported the Chicago Foundation for Women (CFW). We are proud to announce that we raised close to \$1,000 for CFW at this event. Thank you to everyone who attended and contributed.

Chicago Foundation for Women is an organization that supports the achievement of social justice for women and girls through grants and advocacy. For more information on CFW, please visit www.cfw.org.

GETTING EDUCATED - Networking

Networking is an ongoing and essential part of our professional lives. Here are five quick tips to remember when thinking about your own personal networking strategies.

1. Build relationships
2. Follow up
3. Be a good listener
4. Do what you enjoy and blend networking in
5. Create a succinct story