

September 15, 2011 @ 7 PM
PARC Palo Alto, CA



Elizabeth Agnew, MS

Confidence Inside & Out

What makes someone confident? We all want to deepen our confidence, but we first need to articulate what it means to us. The good news is that real confidence comes from deep within and is therefore well within our control.

In this talk, Liz will teach the three key aspects critical to deepening our confidence. You will discover the obstacles that get in your way both at work and at home and understand what you can do with the confidence you have deep within to overcome them. You will leave the talk with:

- A better understanding of what defines your level of confidence
- Immediate steps on how to project more confidence
- An increased sense of confidence

Elizabeth Agnew, MS
Integrative Leadership Strategies, LLC
Executive Leadership Coach

Elizabeth Agnew is a certified coach specializing in leadership development and collaboration. After earning degrees in engineering from Cornell and Stanford and working for a few years, Liz decided to become a leadership coach to fulfill her mission to bring the world together by making the workplace a sanctuary for learning and truth.

She currently serves as president and founder of Integrative Leadership Strategies, LLC, consulting and coaching with leaders like you to solve problems more effectively as individuals and in your teams. Her previous clients include teams and individuals from Genentech, The City of Atlanta, HP, JPL, Lockheed Martin, Sun Microsystems, and Abbott Labs.

Liz serves as Past President of SF Coaches, a local chartered chapter of the International Coach Federation. She is an Associate Certified Coach through the International Coach Federation.

Visit her website for more information:
<http://www.integrative-leadership.com>.

Schedule

7:00-7:30 pm Networking
Dinner 7:30-7:45 pm
Announcements
7:45-9:00 pm Seminar

You don't need to be a member to attend. All scientists, students, and friends are welcome. Men too! Members and students pay \$5 and non-members

pay \$10. RSVP:
www.acteva.com/go/pa-awis

Directions from 280
Take Hwy 280 and exit at Page Mill Rd and go East towards Palo Alto (if coming from the South, turn right, if coming from the north, turn left onto Page Mill. Turn RIGHT onto Coyote Hill Rd. Turn LEFT into PARC (formerly Xerox PARC). Follow signs to the

Auditorium on your left at end of parking area, down flight of outdoor stairs.

Directions from Stanford
Take Foothill SOUTH towards Los Altos. Turn RIGHT on Hill view and PARC is 2nd driveway on the right. Park and follow signs to the Auditorium.

See also www.tinyurl.com/PARC-Auditorium/ for