

Presented by
Women in DSO® Wellness

THE POWER OF MINDSET IN SETTING AND ACHIEVING GOALS

 WEDNESDAY, MAY 8TH, 3PM CST

An Interactive Professional Wellness Webinar

Join the Women in DSO Wellness Committee for an engaging and informative discussion focusing Dr. Martin Mendelson for a **transformative 30-minute experience, May 8th at 3pm CST**, focusing on:

- **The Power of Optimism:** Emphasizing how a positive mindset is crucial in setting and achieving professional goals.
- **Overcoming Challenges:** Learning how optimism and resilience turn challenges into steppingstones for success.
- **Effective Strategies:** Exploring actionable strategies for achieving goals with an optimistic approach.
- **Celebrating Success:** Understanding the importance of acknowledging achievements to foster a positive outlook for future objectives.

This session promises to equip you with motivational insights and practical advice for embracing your professional journey with optimism and clarity. Whether you aim to refine your goal-setting techniques or infuse your career path with positivity, this experience is your stepping stone to turning aspirations into achievements.



Dr. Martin R. Mendelson,
FIADFE, CPC



Kimberly Kwicien
Director of Sales Enterprise
Spear Education

Register today at womenindso.org.