

*Business  
&  
Professional  
Women  
Niagara Falls*



*“Women Working  
for Women”*

*(Since 1917)*

## BPW NF Monthly Meeting

March 23, 2022 7:00 pm

**(Zoom Meetings Until Further Notice)**

Members \$5 / Guests 2 Free then \$10

Register NOW: [BPWniagarafalls.com](http://BPWniagarafalls.com)

**YOU'RE INVITED**

**To This  
Month's  
Meeting**

## Resilience during global change...



**Nance MacLeod**  
[Executive Coach Global](http://ExecutiveCoachGlobal.com)

**Resiliency** is the ability to recover quickly from difficulties. Having resilience to draw from can make a huge difference to your mental, physical and emotional well-being, especially during tough times like these.

The good news is resiliency, is like any muscle, with a few strategies your resilience will become stronger. In fact, building resilience, flexibility and embracing change Improves your Brain Power. Join us to learn 4 steps to help you increase your resilience.

**Nance** has a passion for lifelong learning and personal and professional development. This led her to create her personal mission of helping a million or more people to become healthier, happier, and more successful in 1989. She is a Professional Accredited Coach, helping people grow their business, create self-awareness and to become stronger better leaders.

**Nance** owns [Executive Coach Global](http://ExecutiveCoachGlobal.com) a Premier Global Leadership Development and Executive Coaching firm and is a senior partner at [Career Compass Canada](http://CareerCompassCanada.com) a trusted leading national and global full-service Human Resources Management, Professional Coaching and Career Transition firm providing innovative solutions to solve challenges and provide custom program delivery that align with changing business demands, goals and objectives.



**And WE DID ! Since 1917...**

**Women Working for Women**

**BPW Niagara Falls**

**Visit [BPWniagarafalls.com](http://BPWniagarafalls.com) for  
Info, Events & Meetings**

Business and Professional Women is an equality-seeking group working toward the improvement of economic, political, employment, and social conditions for women.

BPW Niagara Falls holds monthly meetings, which provide opportunities to stay informed on women's issues, to enjoy a guest speaker, and to network with other working women. We also hold social events with several active committees.

**Inspire  
Connect  
Collaborate**

Together we  
can improve  
the lives of  
all women -  
regionally,  
provincially,  
nationally  
and globally!



Business & Professional Women  
Niagara Falls

Over 100 Years Strong We Are  
Women Working for Women  
[www.bpwniagarafalls.com](http://www.bpwniagarafalls.com)

**Advocacy, Professional Development,  
Leadership Skills, Networking & Friendship**

With clubs throughout Ontario, Canada & the  
world, including Young BPW, we are

**THE VOICE FOR WOMEN**

