

FOR IMMEDIATE RELEASE

Contact: Stacey Bruzzese, President
Greater Haverhill Chamber of Commerce
978-373-5663 | Stacey@haverhillchamber.com

Chamber Supports Female Executives with Mental Toughness Seminar

Haverhill, MA – The Greater Haverhill Chamber of Commerce is pleased to support the growth and relationship efforts of the area’s female business executives and entrepreneurs through a recently added chamber program called Professional Women’s Networking Group. This relatively new group will welcome Jennifer Touma for a special presentation; “Why Building Leadership & Mental Toughness for Women Matters!” on February 20, 2015 from 12 noon – 1 p.m. This lunchtime presentation will be hosted by chamber member, Ward Hill Insurance, 75 Kenoza Avenue in Haverhill.

The goal of this talk is to assist attendees with: Discovery of the Four Critical Markers of Mental Toughness, Improve their own ability to ‘level the playing field’ in business, Remove the ‘glass cage’ one often finds oneself working in, and Better manage the emotions, thinking and mindset the we each bring to the table. Included in the event is a light lunch and professional networking.

The presenter, Jennifer Touma, author of *Moment of Impact: Harness the Explosive Power of Three to Maximize Your Mind, Life and Business* believes that *Women who are mentally tough prime themselves for long-term success*. Mental toughness is the ability to manage your emotions, thinking and mindset despite prevailing circumstances. Her business coaching and presentations routinely catapult female executives to the next level of success through the building of a foundation created around Building Leadership Strength through Mental Toughness. More information is available by visiting: <http://mindscapemind.com>

. Space is limited and will sell out. Tickets are \$5 for GHCC Members and \$10 for Non-Members. RSVPs can be made by email: info@haverhillchamber.com, phone: 978-373-5663 or visiting the Chamber website www.haverhillchamber.com.

The Greater Haverhill Chamber of Commerce creates and fosters a prosperous business environment and support the growth and profitability of their members, providing the resources, advocacy, information, networking and marketing opportunities for members’ success. For more information about the Greater Haverhill Chamber of Commerce, please visit www.HaverhillChamber.com.

###