

# Networking designed for you

## Wednesday 28 June



Using your POWER to Live More: Productivity, Organisation, Wellbeing, Energy and Resilience In this action packed session you'll learn:

- My 5 Fundamentals for using your 'POWER' to 'Live More'
- Tips & strategies you can implement today to give you more time and energy
- 10 steps to follow to avoid procrastination and get stuff done Life feels so overwhelming nowadays with our busy lives, all the digital technology and that seemingly 'always on' culture. I'm on a mission to help business owners to be more productive, organised, healthy and happy doing what they want to do, rather than what they feel they should or need to do.

**Jo Dodds at the Dog & Bear Hotel, Lenham Square. 5.45pm until 8pm**



## Visitors and new members welcome



Established: 2009

Please arrive at 5.45pm, networking finishes at 8pm. New or one off attendees and members of the public are welcome. Please register your attendance by email to [doitall@maidstonebusinessassociation.co.uk](mailto:doitall@maidstonebusinessassociation.co.uk) or by phoning 01622 820841. First time attendee please register online [www.maidstonebusinessassociation.co.uk/pleaseregister.html](http://www.maidstonebusinessassociation.co.uk/pleaseregister.html)

Meetings for 2017: Usually first Tuesday of each month except June. See website for full information.

Venues and speakers all subject to change without notice.

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# Try it - you'll like it!

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