

LEADERSHIP ARLINGTON

Lead Sponsor:
**CRESCENT
RESOURCES, LLC**



Speaker Series and Skills Workshop

The Shrinking Federal Presence in Arlington How Will the BRAC Commission Affect the County?

October 25, 2005, 11:30 am-1:30 p.m.

Sponsored by: BB&T

In July, the Pentagon announced the Base Realignment and Closure Commission (BRAC), which would result in the loss of 3.9 million square feet – virtually all – of the Defense Department's leased office space in Arlington and 20,000 potential jobs.

In addition to the loss of revenue and jobs, the movement of 17,500 jobs along Arlington's Rosslyn-Ballston Corridor will add to traffic congestion and undo the County's Smart Growth successes that have benefited the entire region. But the recommendations are not set in stone: Congress is set to make a decision on the BRAC in September. Join us for a complete discussion of the issue with Congressman Jim Moran (D-VA) and Arlington County Director of Economic Development Terry Holzheimer. Rich Doud (LA Class of '99), President of the Arlington Chamber of Commerce, will serve as moderator. **(Lunch included)**

Join us for our NEW Skills Workshop



Your Executive Presence Enhancing Business Performance and Productivity

November 15, 2005, 8:30 am - 12:00 noon

Sponsored by: Virginia Commerce Bank

In the business environment, everything you do says some-thing about you to the people you meet. From your handshake, to an exchange of emails, to a chance meeting – you are communicating about yourself and your organization. Are you saying what you want to say? Or are you sending the wrong messages? *Your Executive Presence* is a three-hour, hands-on overview of professional performance and productivity that will enhance your professional confidence. This course will cover a broad spectrum of effective verbal and nonverbal communication skills that will help you succeed in the workplace and in other professional environments.

Conducted by Executive Presence consultant Jean O'Brien (www.jean-obrien.com), she offers skills to enhance professionalism and social polish in corporate cultures and social situations. Her programs are always customized to meet specific needs and expectations. This is a seminar you can't afford to miss!

(Continental breakfast included)



The Sandwich Generation: Have We Bitten Off More Than We Can Chew?

Wednesday, Nov. 30, 2005: 11:30 am - 1:30 pm

Sponsored by: Friend of Leadership Arlington

Many of us find that we are struggling to balance the needs of family and aging parents with work and community activities. We are assuming greater family responsibilities as the older generation ages or suffers from chronic illness.

At the same time, we are raising our own families and taking on greater responsibility in our jobs and our communities. How do we cope? What resources can we turn to? And how much does this cost both employers and their employees? Join us for a lively and information-packed session. Panelists include Suzanne Geffen Mintz, the president and co-founder of the National Family Caregivers Association and Abigail Trafford, author and "My Turn" columnist for The Washington Post's Health section, where she was the lead editor for many years. **(Lunch included)**

Mission Statement

Leadership Arlington's mission is to enlighten, inspire and connect leaders to strengthen the Arlington community.

www.leadershiparlington.org

Location for all events: WETA-TV Channel 26

2775 South Quincy Street, Arlington, VA 22206 • For directions visit: www.weta.org

Cut along line

Please enroll me in the Leadership Arlington Speaker/Skills Series. (Limited Seating Available.) Complete the form and fax to 703/522-5273 or mail to: Leadership Arlington, 2009 North 14th Street, Suite 111, Arlington, VA 22201

Name: _____ Title: _____
Company: _____ Mailing Address: _____
City/State/Zip: _____ Daytime Phone: _____ E-mail: _____

*Individual Sessions:

- | | | |
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| Speaker Series: The Shrinking Federal Presence | <input type="checkbox"/> Leadership Arlington Member, \$30 | <input type="checkbox"/> Non-Leadership Arlington Member, \$40 |
| Speaker Series: The Sandwich Generation | <input type="checkbox"/> Leadership Arlington Member, \$30 | <input type="checkbox"/> Non-Leadership Arlington Member, \$40 |
| Skills Workshop: Your Executive Presence | <input type="checkbox"/> Leadership Arlington Member, \$30 | <input type="checkbox"/> Non-Leadership Arlington Member, \$40 |

*SPECIAL PACKAGE SERIES OF THREE: Leadership Arlington Member, \$75 Non-Leadership Arlington Member, \$100

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For more information call Pat Latour (703) 528-2522

*These are Non-ticket Events