

# JOIN US



PRESENTS:

## "THE POWER OF FOCUS"

FEBRUARY 28<sup>TH</sup> AT THE CSUS ALUMNI CENTER  
3:00PM - 6:00PM

REGISTRATION BEGINS AT 2:30PM  
(LIGHT SNACKS TO BE SERVED DURING REGISTRATION PROCESS)

### COST:

\$45 Early Bird Special  
\$65 if you sign up after **February 17<sup>th</sup>**

## KEYNOTE SPEAKER - STEVEN SNYDER

**"RELAX, IMAGINE, FOCUS, AND EXCEL - What you can conceive, you can achieve"**

In this presentation, Steven will teach attendees one basic technique that will allow you to master four powerful skills. The first is to focus your concentration, to block out distractions, and "laser beam" 100% of your minds power onto one thing. The second is to manage tension and anxiety and to create the stress-free state of mind and body that is essential for accelerated learning. The third is to access the power of "I," or the power of imagination, intuition, inspiration, innovation, ingenuity, insight, and illumination. Doing so will enhance your creativity and problem solving skills. The fourth is to reprogram habits, to take your mind off of automatic pilot, reprogram the automatic pilot function, and put your mind back on to auto pilot with a new habit. Come forewarned: you will leave this session with permanent behavioral and attitudinal changes. This invaluable technique doesn't take days or even hours to employ. It takes only twenty seconds. Quick and high-impact- who doesn't want that??!

## PANEL DISCUSSION

### "THE POWER OF FOCUS"

Hear from our panel of prominent experts and CEOs how a disciplined personal and organizational focus will enable you to deliver exceptional results and achieve ambitious goals...

**Panelists:**

- Tony Cooper**, Partner - Shirlaws International
- Eric Palmaer**, Regional Chair - Vistage International
- Mike Kvarme**, Managing Shareholder - Weintraub, Genshlea, Chediak, Tobin & Tobin
- Curt Rocca**, Managing Partner, DCA Partners

## OUR SPONSORS - COMMITTED TO THE REGION'S SUCCESS

**weintraub genshlea chediak**  
LAW CORPORATION

**MOSS ADAMS** LLP  
Certified Public Accountants | Business Consultants

**INTERWEST** INSURANCE SERVICES, INC. **VISTAGE**  
better leaders = decisions = results



**BOUCHARD**  
COMMUNICATIONS GROUP

