

TRIPLE FORUM

— WORKING WOMEN'S WORKSHOP —

Triple W Forum is an annual workshop, a conduit to resources for women, and a community where working women can collaborate on ideas, insights, and actions to better achieve work/life integration. The annual workshop is a comprehensive learning environment focused on four core areas of curriculum: integration, transformation, reflection, and wellness.

Integration might be the principle underlying health at all levels of our experience, from the microcosm of our inner world to our interpersonal relationships and *life* in our communities.

— DANIEL J. SIEGEL, M.D. —

... The Triple W Forum Workshop Curriculum Includes Four Thought-Provoking Modules ...

INTEGRATION | TRANSFORMATION | REFLECTION | WELLNESS



How does it impact you? Gain insight on how to better manage stress at an actionable and inspiring workshop for women. Triple W Forum was built by overachievers who took themselves off their own lists and suffered the consequences of poorer health, decreased productivity, and lost purpose. Motivated to improve their well-being and help others, Triple W took flight. We invite you to join us for the workshop—now in its fourth year.

By attending Triple W, you will leave the forum with a focused plan and tailored-for-you insights from respected thought leaders and peers within a variety of fields. You will expand your network and walk away with connections from extraordinary women. Find yourself refreshed, recharged, and inspired with more drive, more initiative, more self-confidence, increased productivity, and living a more fully integrated life.

 FRIDAY, SEPTEMBER 28 AND SATURDAY, SEPTEMBER 29 

20 W. KINZIE, CHICAGO, ILLINOIS (GOOGLE, 17TH FLOOR)

www.triplewforum.com



TRIPLE W FORUM

WORKING WOMEN'S WORKSHOP

Happiness is an inside job.

— SYLVIA BOORSTEIN —

THE VISION...

Triple W Forum provides a platform for professional women to develop, share, and transform their innate strengths and talents to help themselves, to benefit each other and ultimately, to impact the world.

WHO IT'S FOR...

Professional women—all functions and all industries—who want to manage stress and better achieve work/life integration can come together at this annual workshop for women. Within this invigorating learning environment, they discover tips, tools, and resources to improve themselves within and outside their places of work.

Representative attendees from previous workshops in Chicago and New York City include: business leaders, doctors, lawyers, nonprofit and community leaders, bloggers, and entrepreneurs. Representative companies include Thomson Reuters, Barilla North America, Aon, Center for Working Women, Google, UBS, Marsh USA, Dale Carnegie, Caterpillar, Arcelor Mittal, OfficeMax, Sterne Kessler Goldstein & Fox, Smith Bucklin, Crowe Horwath, Wellcome Home, lululemon athletica, and Loyola University Medical Center.

HOW IT'S STRUCTURED...

There are four main curricular components to this day and a half workshop for working women: integration, transformation, reflection, and wellness. Within those areas, the learning is aimed at providing insights and tools to better achieve work/life integration, increase productivity, build greater efficiency (at home and at work) and live more fully. The motto "Unleash Your Happy!" rests in the understanding that Triple W Forum's curriculum enables women to more deeply tap into the happiness that already exists within them—and to provide an action plan to help women apply it in all facets of their lives.

Triple W Forum is proud to support nonprofit leaders through its scholarship program with Eleanor Foundation and also through collaboration with businesses and organizations who support work/life integration for their employees. We are grateful to those organizations who sponsor their women to attend the workshop each year.

To Attend

FRIDAY, SEPTEMBER 28
1:00 P.M. - 8:30 P.M.

SATURDAY, SEPTEMBER 29
8:30 A.M. - 12:30 P.M.

20 W. KINZIE, CHICAGO
(GOOGLE, 17TH FLOOR)

\$365 REGULAR RATE
\$295 EARLY BIRD RATE
(THROUGH JUNE 30)

CALL TO REGISTER
(312) 280-1385

OR VISIT US ONLINE
WWW.TRIPLEWFORUM.COM

NOTE: SPECIAL GROUP DISCOUNTS, SPONSORSHIPS, AND NONPROFIT RATES ARE AVAILABLE. CONTACT TRIPLE W FOR DETAILS.

 "I found this workshop to be energizing, educational and empowering. It also allowed for learning from the pivotal and powerful experiences of amazing women. We spent the weekend focusing on self-improvement, awareness and goal-setting in order to become better leaders and contributors to society."

MAUREEN BIEHL