

W WOMEN'S NETWORK

MARTINSBURG-BERKELEY COUNTY CHAMBER OF COMMERCE

JEFFERSON COUNTY CHAMBER OF COMMERCE



Dr. McCarty is a licensed clinical psychologist with 35 years of experience in the counseling

and mental health field. Over the years, he has served as director of family and child services on an Indian reservation, developed and ran a nationally recognized alcohol and drug program, and worked extensively with veterans returning from past and current wars.

Dr. McCarty is excited about new mind/body technologies that have been discovered and developed over the past decade that are transforming the counseling and mental health landscape, including our understanding of stress. Dr. McCarty is currently in private practice at the Historic McFarland House.

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De-Stress and Achieve Your Heart's Desire

Striving to control people, places and things, so we can be happier, feel better, or get more of what we want out of life, results in much of the stress we have in our lives. Why? Because focusing on what's missing, what's gone wrong, who needs to change in your life inadvertently pushes away the very things we desire most - be it a job, more money, a better relationship, or improved health.

Stress is a by-product - by focusing on what we don't want to have happening in our lives, we become locked into a perceptual framework that observes lack and limitation wherever we look. The more we strive, make effort, and try to overcome this lack - the more stressed we become, which in turn, keeps the success we desire so dearly -- just --beyond --our --reach!

In this workshop you will learn about exciting, new research detailing how our thoughts impact the world we live in and how you can use them to empower and influence your life. Participants will have a chance to practice some powerful de-stressing techniques and learn how to pivot their perceptual focus toward achieving their heart's desire.

You won't want to miss this opportunity to

CONNECT

EMPOWER

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Thursday, March 15, 2012

8:30 a.m. - 11:00 a.m.

Historic McFarland House

409 South Queen Street - Martinsburg

8:30 a.m.	Registration & Breakfast
9:00 a.m.	Introductions and Announcements
9:15 a.m.	Speed Networking—bring a supply of business cards
9:30 a.m.	Workshop
\$25	Breakfast and workshop for Women's Network Members
\$30	Breakfast and workshop for Guest of Women's Network Member
\$50	Breakfast, workshop and Women's Network Membership

Click [here](#) to register

Information: (304) 267-4841 or email chamber@berkeleycounty.org

Reservations are required. Cancellations will be honored with a full refund if received by 3/12/2012. No-shows and cancellations after the deadline will be charged the full price of the workshop.