

Cardio for Business  
Building a healthy economy

# Taking *networking* to the next level

## Networking on purpose

- I'm new and uncertain at networking. How do I move past the fear?
- I don't know what to say or do so I spend my time talking to friends.
- I already network - how do I step up my game?

Find ways to grow your business through networking at an informal workshop led by Caryn Condon. If you are new to networking or a veteran, discover tips to get you started how to step up your networking game.

Guest presenter is Caryn Condon (Consulting Alliance), a business consultant, program leader and executive coach who loves training sales people! Her firm offers breakthrough courses and programs for entrepreneurs and business professionals, including *The Entrepreneurial Edge: From Vision to Profit - Having it All*. Visit her website at [www.edgemastery.com](http://www.edgemastery.com) for more.



Caryn Condon

*net-work-ing*

**1. the exchange of information or services among individuals, groups, or institutions; specifically : the cultivation of productive relationships for employment or business.**

**Networking on Purpose**  
Thursday, February 25, 2010  
8:00am - 9:30am  
OIT Classroom #141

**NO CHARGE**  
**Non-members \$25**  
**Call to reserve your space**



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calendar, directions and much more

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