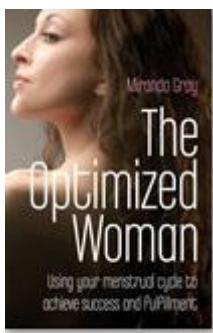


## The Optimized Woman – mini workshop with Miranda Gray Using the Menstrual Cycle to Achieve Success and Fulfillment

**November 11, 2011 – Prague Business Club**

*„Women excel when their four Optimum Times are taken into account.“*



The Optimized Woman workshop is aimed at the 21st-century *go-getting* business women who want to create business and career success and achievement but want to stay female!

For as long as there have been women working, the menstrual cycle has been part of the business world. It's now time for the cycle to take its rightful place as a powerhouse of resources for women to increase performance and excellence, effectiveness and creative thinking, goal-achievement and success creation. The little recognised secret lies in Optimum Times, days of enhanced skillsets which can be practically applied to situations whether in the office, at home or in the boardroom.

Women's skillsets change through their monthly phases. Generate activities in line with these times of heightened abilities and **productivity and effectiveness will increase**.

In this workshop, Miranda will introduce the Optimum Time skillsets, how they can make the menstrual cycle a beneficial business tool, and how they can be applied practically to running a business, enhancing work performance and achieving goals.

**Miranda Gray** (UK) has a background in science and art, and is a published author and artist as well as an alternative therapy practitioner. She is also a Company Director of a multimedia production company. Miranda offers talks and workshops based on the *Optimized Woman* concepts and is currently involved in further book proposals and projects to expand exploration into women's *Optimum Time* abilities and skills.



**Where:** Prague Business Club, Juarezova 2, Praha 6

**When:** Nov 11, 2011, 10 a.m.–1 p.m. Including coffee break.

**Price:** CZK 1 500 (before Oct 20, 2011), CZK 1 900 (after Oct, 20, 2011)

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