

# INDO-AMERICAN CHAMBER OF COMMERCE – USA Women Empowered Event

# Discover the Leader in You Through a Sound Body & Mind Wednesday, September 18, 2013 6:00 – 8:00 PM

The Westin Southfield Hotel - T.C. Linguinis Ballroom 1500 Town Center, Southfield, MI 48075 - 248-827-4000

Our mission is to provide a forum for women to network with other professional women, create mentoring & support opportunities & give back by empowering young women.

Spread the word and invite your friends!

Join Us and Make a Difference!

## This event is complimentary

6:00 to 6:15 Networking (Hors D'oeuvre & Soft Drinks – Cash Bar)

6:15 to 6:45 Kickoff by Anuja Rajendra, Founder & CEO of BollyFit

6:45 to 7:45 Interactive Discussion by Renee Erlich, President of

**Prosperi Leadership Coaching** 

7:45 to 8:00 General Q&A, Social Mingling





### Mindfulness In Motion

**Anuja Rajendra** is the founder and CEO of BollyFit®, a global wellness movement that draws together a richly diverse and inclusive community. Participants enjoy mindfulness in motion while embracing fitness, fun and illumination from within.

As a dynamic speaker and thought leader, Anuja's magnetism awakens audiences out of complacent listening and into fully present, engaged participation. The combination of energetic, unselfconscious movement on the outside and calm, centered self-awareness on the inside renewed her joyful spirit, and is what motivates her today to get people moving as she grows BollyFit's mindful and supportive community.

As a member of the Michigan Governor's Council on Physical Fitness, Health and Sports, Anuja passionately advocates for healthy and happy living, uplifting citizens while bringing down obesity rates.

Visit her website: http://www.bollyfit.com

### **Finding Clarity**

Renee Erlich is an entrepreneur, founder of two multi-million dollar businesses and a certified professional coach. In 2011, Renee launched Prosperi Leadership Coaching, an executive coaching practice working one on one with successful leaders helping them define, plan and achieve their goals. Renee is a mom to three awesome children and is married to her best friend, Craig.

Renee is one of Crain's Detroit Business's "40 Under 40" a ward recipients. She served as the first woman on the board of the Detroit chapter of EO, the Entrepreneurs Organization and she is extremely active in a variety of community boards, committees, and professional organizations, including the International Coach Federation.

Finding CLARITY will be the topic of her interactive discussion. Renee will help us discover our Values, Purpose, Rules for Living and Rhythm.

Visit her website: http://www.prosperigroup.com