

HDI Capital Area Local Chapter Meeting Minutes

May 20, 2009

<http://www.hdicapitalarea.com>

rsvp@hdicapitalarea.com

Topic & Speaker

The Stress Less Way

TaMara Campbell

Lunch and Networking 12:00 to 12:30

Meeting Called to Order

Sandy Seroskie called the meeting to order @ 12:35

Announcements

- Thank you to Drew Tannahill and the American Bankers Association for hosting
- Officer Introductions
- NJ Robinson Introduction (Capital Area and Northeast Regional Analyst of the Year)
- Yolanda Banks Recognition for her promotion at Federal Reserve Board

Presentation

TaMara Campbell

Presented The Stress Less Way

The presentation may be downloaded at:

<http://www.hdicapitalarea.com/resources.html>

Group Discussion Followed

The group discussed dealing with difficult calls and how to use the techniques to avoid stress during these calls. In addition, the group talked about surrounding yourself with positive people to help you become more positive and less stressed. The group also talked about changing your outlook on a potentially stressful situation, such as losing a job. The job doesn't define you as a person and the way you react to the situation can affect your ability to find another job. Think about your strengths and approach it as a positive change. Reach out to your network and associations such as HDI to find your next job.

Closing & Survey Drawing

Drawing Winners

Angee Mitchell - \$15.00 Starbucks Gift Card

Joe Rychalsky - \$20.00 Pizza Hut Gift Card

NJ Robinson - \$15.00 Starbucks Gift Card

Meeting Adjourned

Sandra Seroskie adjourned the meeting @ 2:00 pm