



Our next **IBWG** luncheon will be **Tuesday, 10th October 2017**

Location: WORLD TRADE CLUB, 33rd Floor, Sheikh Rashid Tower Dubai World Trade Centre - REGISTRATION & PRE-LUNCH CANAPES FROM 12.15 PM.

*****You are kindly requested to validate your parking ticket at World Trade Club reception, 33rd floor to avail the complimentary valet service. As always, in order to avail a stamp you must be a member of the club or an accompanying guest utilizing the club facilities.*

Event: IBWG Network Lunch

Chair: Sue-Sharyn Ward

Speakers: Ishara de Silva Founder & Managing Director, Plantation Villa Sri Lanka & Bernardo from Escola de Yoga Arjavam in Brazil

Topic: Coping with Stress in Business through Mindfulness and Ayurveda

Ishara gave an inspirational talk to the IBWG in May 2015 on how she was once a very successful banker in London and diagnosed with Cancer at the age of 29, who went in search of answers on how to be healthy, cope with stress, improve her wellbeing and find happiness. Her learnings transformed her life & her outlook on life. She quit her banking life & moved to Sri Lanka to open Plantation Villa, a retreat centre which is a community centre focussing on guest wellbeing, staff, community and environment.

Ishara & Bernardo understand how our Business World has become increasingly stressful as more and more demands are placed on us. We are expected to deliver more in a shorter span of time and juggle multiple responsibilities, increasing our stress levels, resulting in poor sleep and health problems.

In this talk they will cover the following areas:

- Understanding the stress women face in business
- What do we mean by 'Mindfulness'
- Tools on how to incorporate principles of Ayurveda & Mindfulness to help cope with stress & improve business performance

Ayurveda is an ancient lifestyle based on holistic health & mindfulness, the principles of which can be incorporated into our daily lives not only to cope with stress but also to succeed as working women.

PLEASE RESPOND BY email to susharyn@ibwgdubai.com with the following information:-

Member Name:

Mbl/Email:

Guest(s) Name:

Please book your Vegetarian or Health Trendz Meals (see menu below)

Last Bookings by midday on Monday 9th October 2017

Guest rates will apply for Members who have not paid their Membership.

EARLY BIRD RATES

Credit Card Pre-Payment – before Sunday 8th October

Members – special rate of Dhs 150/- per person

Guests - Dhs 200/- per person

Note: - Please fill in the authorisation form attached at page 3 & provide credit card details, scan & email to susharyn@ibwgdubai.com Receipt of your credit card details will be confirmed. WTC handles advance credit card payments for lunch, these will be processed the Sunday morning before the event. This option is available to members & the guests they are paying for. No refunds will be permitted once your card is billed (cut-off date for pre-paying is 11am Sunday morning prior to lunch)

Payment at the Event – by Cash or Credit Card
Paid Up Members – special rate of Dhs 170/- per person
Guests - Dhs 200/- per person

Luncheon Agenda

12.15 pm	Registration commences
12.15–12.40 pm	Pre-Lunch Networking with Canapés
12.45 pm	Seated for Discussion Forum
12.50 pm	Main Course is served
1.00 pm	Chair introduces proceedings
2.00 pm	Dessert with Coffee/Tea

Menu

Canapés

Main course

Healthtrendz – Mexican Chicken Broccoli - packed with sulphoraphane from the broccoli, provides good amounts of protein - 265kcal; 28g carbohydrates, 14g proteins, 9.5g total fat

Non Veg - Local sea bass with aromatic rice & lemon relish

Vegetarian - Seasonal vegetables in a crispy brick roll served with a cauliflower cous cous & saffron yogurt sauce

Dessert - Traditional chocolate fondant served with vanilla ice cream

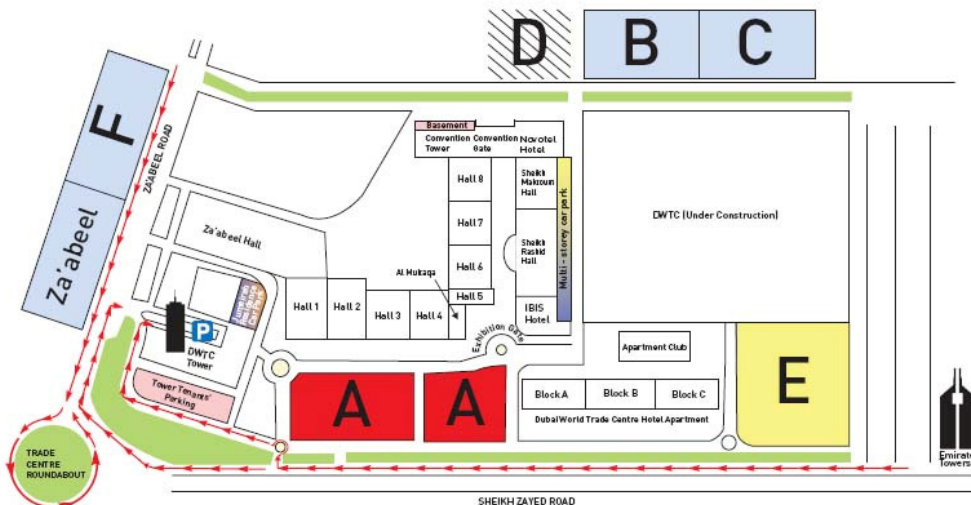
This is an IBWG Organised Event

Booking/cancellations ONLY til 12 NOON Monday prior to Lunch. Cancellations subject to charge after that time.

If you have not received a Confirmation by Monday please contact susharyn@ibwgdubai.com to ensure your booking has been received – Limited seating, booking numbers at the discretion of the Committee, Members are advised not to turn up to a luncheon unless you have a confirmed booking or are on the waitlist. Please note that at the luncheon all bookings will be held until 12.45pm only & then re-allocated to members on the waitlist.

valet parking is available – Please approach from the Trade Centre Roundabout with traffic lights - Valets are stationed at the bottom of the entry ramp in front of the building from 12.00 pm. The Valets will be waiting for you – see map **THIS IS THE ONLY VALET PARKING FOR WTC** – you will be charged if you go to any other parking service.

مركز دبي التجاري العالمي
 DUBAI WORLD TRADE CENTRE



Closed	Future Parking	Valet Parking / Membership Car Park	Paid Parking / Membership Car Park
Free Parking	Entitlement Parking	Paid Parking	

Lost?
 Call 04 308 7979 for directions

Credit Card Authorisation Form



مركز دبي للتجارة العالمي
DUBAI WORLD TRADE CENTRE

To: The Finance Department
Dubai World Trade Centre, LLC
P. O. Box 9292, Dubai, United Arab Emirates

Date: _____

In full / partial settlement of:

Invoice No: _____

Event ID: _____

Order No: _____

Please charge my debit / credit card, details as follows:

VISA MASTERCARD AMEX DINERS JCB

Name of cardholder: _____

Credit card number:

Card expiry date: month / year

Amount in local currency 'AED': _____

Signature of the cardholder as per debit / credit card: _____