

Women's MIND BODY WELLNESS SUMMIT

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Tips for Getting Married

1. A good first step is to like the person you are going to marry.
2. Be open with your fiancé about what you want for your wedding and what is feasible.
3. Have the foundation in place before you bring others into the planning process.
4. A longer time frame may help with the wedding budget.
5. Make a budget. You probably won't stick to it exactly, but it helps you set your priorities. For instance, would you rather put more money toward the photographer or your dress?
6. Focus on the big picture. Don't stress about the little things on your wedding day. People will remember that you looked beautiful, not that your bouquet was wrong.
7. Remember that you are building a life together, not just one day. Don't wait to talk about politics and other big topics until after you are married.

Entering the Workforce as a Young Professional

1. When you first start a job, listen and learn. Be observant. Take notes about what is going on. Understand what is happening and how you fit into it.
2. You can't over-prepare for your first day or week. Go in early and stay late. Take advantage of all the information available online before you start. First impressions are huge. Be ready to work.
3. Find a mentor. It might be someone higher up in the company or someone who has been with the company longer than you have. Choose someone who is respected.

"You can show a lot with just your attitude."

Balancing Career and Home Life

1. Get organized. Whether you have a calendar on your phone or a planner, track what you and your family members have going. So you know where you are expected and when.
2. Focus on your goals. Stay centered and focused on what is really important and why you are doing what you are doing. You wouldn't be doing it without having a reason.
3. Know when to say "no." It's hard to say no to your boss, coworker or family. Set boundaries. You can't do it all. It is important for self-care.

"You can't give more than you can get."