

# Invitation from ASQ Greater Houston Section December 13, 2022 Virtual Meeting

**DATE:**

Tuesday,  
December 13, 2022

This is a virtual/online meeting. Log-in information will be provided on the registration confirmation email.

**Time:**

4:00 pm – 5:30 PST

(check website to confirm times)

**Cost: Free for ASQ members and non-members**

To register for this meeting and obtain the link and sign-in information, click [here](#).

**Attendance at this meeting earns RUs toward ASQ recertification.**

NOTE: Be sure to use the same email address to join the virtual meeting as you use when registering to receive the RUs. You must register for the event and join virtually to receive RUs.

For more information about Greater Houston ASQ Section 1405, click [here](#).

For more information about our local Columbia Basin ASQ section and future upcoming events: [www.asq614.org/](http://www.asq614.org/)

## More Impact, Less Stress: Wire Your Brain for Success



### Erin Urban

**Certified Executive Coach and Leadership Impact Expert**

Feeling a bit "meh" - demotivated or overwhelmed? Find clarity and calm while boosting your confidence.

Join Coach Erin Urban to discover simple solutions for busy brains and busy lives that strengthen your reliance and activate your creativity. It might surprise you to learn that you can actually achieve more by thinking less.

Erin will cover the top common saboteurs to productivity and well-being that stifle innovation. She will discuss easy, neuroscience-based, strategies to elevate your impact and reduce stress to set you up for success in the New Year (and beyond).

- Reduce mental 'noise' and prioritize easier
- Develop more clarity and make better decisions
- Make space in your life for pleasant surprises and opportunities
- Mitigate anxiety, stress, and step away from "what next" syndrome
- Uncover secret saboteurs hiding in your everyday narratives
- Learn the language of success and rewire your brain to achieve your goals

*About the speaker: Erin Urban is an accomplished international speaker who has presented topics on elevating impact, wellbeing, and the science of success to global audiences from non-profits to Fortune 500 organizations. A best-selling author of Elevate Your Career: More Impact + More Income, she is known for her engaging and insightful talks. Erin's audiences are inspired to become recognized as impactful leaders and leave the room empowered to take action and make an impact.*

*With over 10 years of coaching and consulting experience, Erin has a natural ability to understand others at a deep level and clearly see what path will allow them to shine the brightest. She is a Certified Leadership Coach, Certified Professional and Leadership Development Coach, Forbes Coaches council member and author, EQi 2.0 and EQi 360 certified for EQ assessments, and holds a Lean Six Sigma Black Belt Certification.*