



## Maia Chapter

Tuesday, February 18, 2025

5:45 - 7:30 p.m.



## Sometimes We Have to Step Back to Step Forward

Presented by  
**Dr. Cindy Schmitt**

Progress isn't always about moving full speed ahead—sometimes, taking a step back is the key to real growth. In this talk, we'll explore the power of reflection, reassessment, and strategic pauses in both personal and professional life. Learn how stepping back can provide clarity, foster resilience, and ultimately propel you forward with greater purpose and direction.

Join us for an engaging and inspiring presentation.

### About our speaker:

Dr. Cindy Schmitt is a national speaker and trainer with over 30 years of experience in training, performance management, and process improvement. She holds a doctorate in Social Leadership and focuses her research on effective team engagement and enhancing online participant interaction. An ABWA National 2020 Top Ten Business Woman, Dr. Schmitt serves as the ABWA Ambassador Steering Committee Chair-elect. She has been an active member of the Oceanside Charter Chapter in Melbourne, Florida, since 2015, contributing to various committees and serving on the Executive Board.

**This is a Virtual Meeting**

**The cost to attend virtually (using Zoom) is Free**

**Please Register here: <https://www.abwa-maia.org/events>**

You will receive the Zoom meeting link after registering



**BELIEVE. BELONG. BECOME.**

American Business Women's Association