



*AN EVENING OF CONVERSATION  
for  
YOUNG PROFESSIONAL WOMEN*

## **Fuel for Growth—how to ask for and use feedback to build your career**

**You want to learn and grow in your career but it's hard to know how to navigate office dynamics, changing work environments and the pressures of performing at your best. Learning how to ask for and process through feedback are essential elements to continually improve and progress in your career.**

**Laura Nichol of RIO Advisors LP will speak about how to leverage feedback in positive ways. Laura works with Boards, CEOs and executive teams to create a strategic focus for their leadership and equips them with the tools and techniques for leading. She will draw from her extensive background in business leadership positions in presenting practical advice on how to make feedback work for you.**

**Date:** Thursday, November 8, 2012  
**Time:** 6:00-7:00 pm  
**Place:** Offices of Global Financial Services  
1330 Post Oak Blvd., middle building, free parking  
2<sup>nd</sup> fl., Big Bend Conference Room  
**RSVP:** Kathy McGarry (713-524-9782)  
kmcgarry27@gmail.com

Murray Hill Institute-Texas is a non-profit organization dedicated to helping professional women integrate ethical standards into their personal and professional lives. The Institute affirms women in the unique role they play in promoting a more just and harmonious workplace. To learn more about Murray Hill institute, go to [murrayhillinstitute.org](http://murrayhillinstitute.org).