



MEDIA ADVISORY

For immediate release: Monday, April 7, 2008.

Juggling Motherhood and the Boardroom

A presentation on "how to have it all" by Cybele Negrís & Teara Fraser

Two extraordinary speakers are being featured at "**Rising Above**", the next *momcafé* event on Friday, April 11 at the Bella Candela Restaurant, North Vancouver.

Cybele Negrís, Founding Partner and Chief Operating Officer of Webnames.ca has been recognized by PROFIT W100 as one of Canada's Top Women Entrepreneurs 4 years running, and is a recipient of Business in Vancouver's Top 40 under 40 Award for Outstanding Achievement (2003).

Teara Fraser, President of Women in Aviation, Sea to Sky Chapter is one of the few aboriginal and female commercial pilots in Canada. Teara's passion for flying was ignited while traveling in a small plane during a trip to Africa. She returned home to fly her first solo flight in 2002. Within one year she had her Commercial Pilot's license in hand.

Cybele and Teara will be sharing their stories about the challenges of achieving great career success in typically male dominated industries, while raising their children and enjoying a balanced family life.

momcafé is a membership-based organization that connects inspired women through meetings, seminars and internet-based communication tools. On-site child care is available at monthly meetings and part proceeds of this meeting will be donated to Family Services of the North Shore.

What: momcafé Presentation – Rising Above

Who: Cybele Negrís & Teara Fraser

When 9:30AM to 11:30AM, Friday, April 11, 2008

Where: Bella Candela, 109 Esplanade West, North Vancouver

Both speakers and a momcafé director will be available for interviews following the event.

For additional information please contact:

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