



Summer Leadership Conference

July 15-17, 2021 • The Westin • Chattanooga, Tennessee

FEATURED WORKSHOP

BrainSHIFT: 3 Mindful Steps to Break the Stress-Success Cycle

featuring Romie Mushtaq, MD

Do you have difficulty focusing at work, shutting off your racing thoughts before bedtime, or too many browser windows open in your brain? How many productivity, leadership, and time management courses and books have you consumed, yet only to fall back into old habits? Learn Dr. Romie's scientifically proven BrainSHIFT techniques based in neuroscience, integrative medicine & mindfulness to optimize and sustain your mental performance for personal health & leadership. Dr. Romie has nearly 20 years of authority in neurology, integrative medicine, and mindfulness, and is a leading physician on a mission to transform the brain health of companies, leaders, and organizations. After undergoing life-saving surgery herself, Dr. Romie traveled around the world learning mindfulness-based techniques. She now speaks and consults with Fortune 500 companies, professional athletes, and global associations. Her unique expertise is routinely featured in national media such as Forbes, NBC, Fox Business, NPR, TED talks, and dozens of other national media outlets.





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2021 B2L REGISTRATION

Registration fees are per person and include:

- Top industry speakers presented at three business sessions
- Breakfast on Friday and Saturday morning
- On-site family lunch
- Saturday night party, dinner, and entertainment

Send completed form & fees by mail to: ABA, 445 Dexter Ave., Suite 10025, Montgomery, AL 36104, by fax to (334) 244-9382, or by email to athomas@alabamabankers.com.

Name _____
 Bank _____
 Address _____ City, State & Zip _____
 Phone _____ Email _____
 Spouse/Guest _____
 Child/Age _____ Child/Age _____

PAYMENT METHOD

TOTAL FEES DUE : \$ _____

- I have enclosed a check for my registration fees.
- Please invoice me for my registration fees.
- Please charge a total of \$ _____ to the following credit card:
 - Visa MasterCard Discover Amex
 - Credit Card No. _____ Exp. _____
 - Signature _____

PHOTO USE – By registering for our conference, you give your permission to be photographed during conference events and for those photographs to be used by the association.

CANCELLATION POLICY – Due to very strict cancellation policies and prepayment policies imposed on ABA by third party providers, the following cancellation policy is necessary and will apply. ABA will process a \$150 per person administrative fee for all cancellations, regardless of when they are received. Cancellations received in writing by June 3, 2021 are eligible to receive a refund (minus the \$150 per person administrative fee). No refunds can be offered after 5 p.m. on June 3, 2021 although substitutions are always welcome.

QUESTIONS? Call us at (334) 244-9456. Visit us online at www.alabama.bank.

FEES	Early Bird Member by 5/28	Regular Member after 5/28	Non-Member Rate
Banker/ Associate Member	\$595	\$645	\$745
Spouse or Guest	\$225	\$275	\$375
Child (12-17)	\$95	\$115	\$215
Child (2-11)	\$75	\$95	\$195

To qualify for the **EARLY BIRD RATE**, all registration fees must be paid in full and received in our office by May 28, 2021. ABA will bill you for additional registration fees if received by our office after this date. A child is considered anyone 17 years of age or younger. If you are registering your adult children who are older than 17, they are considered an adult guest and must pay the fee for that category. All registration fees are per person.