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SANIBEL ISLAND, FL

Sanibel Captiva Trust Company Hosts WOW Seminar

SANIBEL ISLAND, FL (April 13, 2011) – The Sanibel Captiva Trust Company Clients and friends of The Sanibel Captiva Trust Company gathered on April 12 at the Sanctuary Golf Club to hear presentations by Kathy Feinstein and Lana Hudson as part of the WOW (Women.Opportunity.Wealth) series.

Sanibel Captiva Trust Company CEO Al Hanser welcomed the ladies, and Naples Trust Company President Adria Starkey remarked, as she introduced the speakers: “Women are taking more control of their financial future than ever before...we hope these seminars help you learn more and pass it on.”

Each of the women in the audience received a Personal Data Worksheet designed to organize vital financial and health documents and information.

Feinstein, a licensed mental health counselor and sports performance counselor in Naples, gave a dynamic talk about improving relationships and cognitive skills. To illustrate the concepts she told stories about how to accentuate the positives in life, cultivate intimacy and communicate assertively.

“It was a great morning,” said Feinstein. “I love the whole WOW concept and the Trust Company’s commitment to educating and informing women. It’s especially wonderful that not all of the WOW seminars are finance-related. Women can come together and learn how to live the best life they can.

“It was an absolute pleasure and honor, and I hope that the Sanibel ladies will put those (positive mental health techniques) into practice and realize their power to create their very own WOW experience each and every day!”

Hudson, a certified health coach and mental health counselor, gave a talk on the power of mind-body practices. The ladies got a chance to stand up and do a little stretch, and then Hudson took them through a series of breathing and meditation exercises. “Harness the power of your thoughts and use it for the good to create a healthy life,” she said.

The ladies in the audience thanked the speakers for their positive messages. “It was good practical advice,” said Janet Strickland. “It connected for me because I do yoga and a lot of it was similar ways of controlling stress in life.”

“It was another lovely seminar,” said Mary Buck. “Adria finds such inspirational speakers.”