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FOR IMMEDIATE RELEASE

WOMEN'S FORUM FOCUSES ON CAREER STRATEGIES

Challenger Senior VP, Cindi Cervone Carlson, informs and inspires

CHICAGO, February 22, 2016 –Chicago executive Cindi Cervone Carlson was the featured speaker at Capital Strategies Women's Forum event held January 20th and 21st. Over 100 women attended the sold-out events which raised over \$1700 in donations to the YWCA.

Ms. Cervone Carlson, senior vice president at Challenger Gray & Christmas, Inc. and a board member of the YWCA Metropolitan Chicago, offered an engaging presentation, "Professional Career Strategies: How to Successfully Build Your Brand and Drive Desired Transitions." The sold out audience of over 100 women were inspired and received actionable strategies on successfully managing their careers. "I am passionate about helping women overcome some of the limitations that we impose upon ourselves in advancing our careers, explains Cervone Carlson, "whether financial or promotional. While organizations need to evolve, women need to do a better job advocating for themselves, and each other."

At the January event, Capital Strategies Women's Forum co-founder Nancy Rizzuto reiterated that "the Forum's primary mission is to offer programming presented by experts on content to help women identify and bring to fruition their personal and professional goals, experience success, fulfillment and achieve peace of mind. "What better way than to lead by example," suggests Ms. Rizzuto. "So, what is your ask of us?" and she listed many ways that she and co-founder Barbara Best are committed to helping the women in the Forum with personal and professional goals.

“An important aspect of the Forum,” reveals Ms. Best, “is to also help the success of women in need or who may lack the resources of those of us in the Forum. At each event, we identify a Chicago-based non-profit that primarily support women, and donate event proceeds to them. Since Cindi is on the Board of the YWCA Metropolitan Chicago, it was a perfect choice”

Over 300 Chicago area women receive notifications to events and have access to virtual resources, including a LinkedIn Group: Capital Strategies Women’s Forum. “Our message and programming especially resonates with mid- to senior level professional women,” explains Best, “And we are excited about the 2016 programming we have planned and our goals to rollout a more robust virtual platform to expand the Forum nationally.”

For more information on the Women’s Forum or Capital Strategies Investment Group, contact Barbara Best (bbest@capstratig.com) or Nancy Rizzuto (nrizzuto@capstratig.com) or 630-320-5100.

About Capital Strategies

Capital Strategies Investment Group LLC is a Registered Investment Adviser headquartered in Oakbrook Terrace, IL that specializes in helping organizations successfully manage their investment and retirement programs, and individuals to achieve their live and legacy goals through comprehensive planning support and investment management. Capital Strategies tailors their comprehensive advisory services to meet the broad needs of each client based on their specific goals and objectives.

About Challenger Gray & Christmas

Challenger Gray & Christmas, Inc. is the nation's first, oldest and premier outplacement consulting organization. Challenger has a proven track record of successfully providing top quality outplacement programs for executives, middle managers and long-term or highly valued employees; and pioneered programs for plant closings and large volume reductions with a determined focus on results. Challenger has offices in every major and minor city in the United States, works with clients in over sixty-three locations in Canada and has global partners and networks to ensure that they can provide all levels of outplacement anywhere throughout the world. For more information about Challenger’s services please visit www.challengergray.com or contact Cindi Cervone Carlson at ccc@challengergray.com.

About the YWCA Metropolitan Chicago

Since its founding more than 139 years ago, YWCA Metropolitan Chicago has been committed to serving the needs of women and girls. The YWCA’s mission to eliminate racism and empower women is actualized through a large breadth of programs and services. The YWCA’s Core programmatic areas include: Economic Empowerment Services, Sexual Violence and Support Services and Early Childhood Services. The YWCA serves almost 150,000 women, children and families annually through these programs. And while the YWCA’s services are broad and varied, they are linked by a common thread—a dedication to promoting racial justice and personal empowerment. For more information about how you can support the YWCA, visit their website at <http://www.ywcachicago.org> or contact them at 312-762-2762.