Quaboag Hills
CHAMBER OF COMMERCE

PRESS RELEASE
FOR IMMEDIATE RELEASE

Quaboag Hills Chamber of Commerce Announces Upcoming Ascend & EmpowHer Seminars Set for November 18 & December 3

QHMA has announced its upcoming seminars focusing on Time Management and Navigating Work, Life and the Holiday Rush

Palmer, MA, November 3, 2026 – The Quaboag Hills Chamber of Commerce has announced a pair of upcoming seminars to help workers, managers and business owners improve their skills and successfully navigate the holiday season.

On November 18, QHMA launches its Ascend professional development series with a presentation on Time Management. The lecture will be delivered by Lena Buteau, Vice President and Retail Administration Officer for Monson Savings Bank and former president of the Quaboag Hills Chamber. Attendees will learn poor versus good time management, identifying obstacles, defining contributors and setting boundary skills.

While on December 3, the Chamber will host its women in business series, EmpowHer, with Mary-Anne Schelb. Ms. Schelb works as a life coach and is the author of *Calming the Chaos: The Intentional Calm Method*. The subject for the EmpowHer seminar is Calm First: Navigating Work, Life and the Holiday Rush. Each registered attendee will also receive a signed copy of Schelb's *Calming the Chaos* book with the event sponsored by Burkhart Pizzanelli, P.C. of Palmer and West Springfield.

"The Quaboag Hills Chamber has put an emphasis on creating new opportunities for prospective Chamber members and existing ones to connect, learn, and grow," said Renee Niedziela, Board President of the Quaboag Hills Chamber of Commerce. "We've been working hard to put together educational seminars and professional development opportunities. We believe that learning shouldn't stop once you've established your career or opened your business. The Chamber's events provide tools and knowledge to take back to your workplace and use in your life every day. They are also another opportunity to showcase the amazing talent within the Quaboag Hills region. Whether you're a business owner, an employee, or someone looking to grow professionally, there's always something new to learn."

Tickets and advance registration are required to attend either event with a tiered pricing structure ranging from $15-$35 depending on the event and if you are a current or prospective member of the Chamber. Tickets are available exclusively on the Chamber's official website, QHMA.com. Each event will take place at the QHMA office location inside the Pathfinder Tech @ Four Corners building at 191 Sykes St in Palmer.

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About the Quaboag Hills Chamber of Commerce

Established in 1978 and headquartered in Palmer, MA, the Quaboag Hills Chamber of Commerce's purpose is to advance economic growth, interests and tourism for our members through policies, programs and development in the Quaboag Hills region, including the fifteen towns of Belchertown, Brimfield, Brookfield, East Brookfield, Hardwick, Holland, Monson, New Braintree, North Brookfield, Palmer, Spencer, Wales, Ware, Warren, and West Brookfield.

Quaboag Hills Chamber of Commerce Links:

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