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Final Walgreens Bayside Business Forum of the year: Building a High Performance Team for 2013

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Susan Freeman (left) and Carmella Sebastian

The USFSP [College of Business](#) Walgreens Bayside Business Forum on Dec. 14 will feature two experts who will explore ways that businesses can make 2013 their best year ever.

Titled, “Building a High Performance Team for 2013: Ten Things to do to Get Your Company Ready for Your Best Year Ever,” the forum will present corporate wellness expert Carmella Sebastian, MD, MS, and executive success strategist Susan Freeman, MBA, NCC, ACC, who will share the keys to optimize employee performance and help teams function better next year.

“Great companies are powered by great people, and great people are healthy and empowered people,” said Maling Ebrahimpour, Ph.D., dean of the College of Business at USF St. Petersburg. “I am looking forward to this next Bayside

Business Forum, where we have two speakers covering two very different angles of improving performance. Together they complement each other very well. Dr. Carmella Sebastian will address performance from the health and wellness perspective while Susan Freeman will address taking care of employees' emotional well-being and inspiring the leaders within."

They will share the keys to unlocking employees' greatest potential.

Attendees will learn how small steps to boost the physical and emotional health of their team members can yield incredible results in both performance and profit.

The Walgreens Bayside Business Forum is presented by the Dean's Advisory Council of the College of Business at USF St. Petersburg. The series is presented three times a semester and focuses on interdisciplinary collaborations that are shaping Florida's business future.

The forum, which is free and open to the public, will be from 7:30 a.m. to 9 a.m. at [Franklin Templeton](#), 100 Fountain Parkway North, St. Petersburg. Continental breakfast and coffee will be served. Seating is limited. Reserve a spot by calling (727) 873-4992 or e-mailing bbf@usfsp.edu by Wednesday, Dec. 12.