

**The Diversity Council Presents a  
Diversity Awareness Profile  
Norfolk Southern Retiree Essie Nail**

**Monday, September 14<sup>th</sup> 2009**

**Third floor Room 3142**

**10:00am – 11:00am**



**Essie Nail** is the founder and President of Essie Nail & Associates, an organization dedicated to the training and development of women, community, and groups (religious, corporate, or any group in which training is needed). Some workshop and speaking topics are: ***Rip Off The Mask: You Don't Have To Be Perfect***, ***\* The Glue That Binds: Understanding Sisterhood and Friendship***, ***\* Against All Odds- Standing Out While Fitting In***, ***\*Perfect Christian Woman vs. Being Perfected in Christ***. The workshops and seminars are designed to promote emotional, physical, and spiritual well being. Her mission is to assist individuals to *ascend to higher heights in their personal and professional growth*. She has co-authored two books: ***Emotional Wellness for Women Volume III*** and ***Learning to Love Yourself: A Handbook for the African-American Woman***. She is a member of the International Professional Woman Network (PWN), a member of the PWN Advisory Board

**Ms. Nail** is a retired Norfolk Southern employee, and a former member of WINS of the Norfolk Southern Corporation. She is using her talents and abilities to empower others. We hope her encouragement empowers you.

*Employees are responsible for securing the necessary time off needed to attend the session and should clear this through their supervisors.*

