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**UNION COUNTY**  
*We're Connected to You!*

Union County Means Business is a partnership between

Union County Government and our businesses community leaders.

Our Partners



3RD EDITION • FEBRUARY 20, 2019



UNION COUNTY MEANS  
**BUSINESS** Networking Breakfast

Kean University's STEM Building • Union

Featured Speaker:

**Lena Cohen**

*International Speaker, Business Consultant,  
Executive Coach, Author & EQ Expert*

**Building Better Business Relationships**



[www.ucnj.org/ucmb](http://www.ucnj.org/ucmb)

# Lena Cohen



For over 14 years Lena Cohen has dedicated her life to helping others find happiness, peace, and success. She has grown to be a TED Speaker, decorated community activist, highly sought after life coach, and author of two life changing book "Stop, Drop, and Roll" and "EQ and You." Lena shares her knowledge and expertise in a way that inspires people to live their best life possible. She trains and counsels people on how to access, understand, and regulate their emotions; to have

a heightened sense of self-awareness to achieve emotional and intellectual growth. With this high level of emotional intelligence training Lena helps people focus on self-development, advancement, and fulfillment in their careers. All the while still promoting a life of balance, which includes satisfaction in the areas of physical health, relationships, mental wellness, and spirituality.

Lena has a gift of being able to connect with people of various backgrounds, cultures, and socioeconomic classes. Her practical knowledge, growing up in Camden, NJ, paired with her corporate experience, thriving in New York City, and her educational background proves to be special and unique. In addition to speaking and coaching, Lena keeps busy by running her nonprofit "Women Operating in Opulence," and working on staff with Assemblywoman Cleopatra Tucker to carry out important issues of the community. As a result Lena has been awarded and recognized locally and nationally for her efforts in serving others. She has worked with the U.S. Army, the Boys & Girls Clubs of America, The Leaguers, NJPIRG, NY Cares, The Ronald McDonald House, Red Cross, SOFIA, Project Beautiful You, Zeta Phi Beta, The Women's Rights Information Center, GrassROOTS Community Foundation, The Power of You Teens, Rutgers University, The Small Business Development Center and many others.

Lena currently serves on the Board and as Philanthropy Chair for National Sales Network NJ/NY Chapter and resides in Bedminster, NJ with her husband.

For more information you can visit [www.LenaCohen.com](http://www.LenaCohen.com)  
To view her TEDTalk visit <https://youtu.be/TZyVbhCSyu8>




Urban Griddle features fresh, homemade American fare in a casual urban-rustic setting, serving breakfast, brunch and lunch every day.

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