



THE BUSINESS HOUR



Air Force Golden Tactics For Business

Wednesday, May 15, 2019 8:00 - 9:00 am

You are invited to join other business leaders for an exclusive presentation given by leadership expert Mahyar M. Rostami. You will learn how to apply his experience and insights gained from training U.S. military leaders to your business.

This First Bank's *The Business Hour* will cover:

- Understanding "Hardiness of Spirit" as defined by the U.S. military
- How to strengthen Moral and Physical courage
- Resiliency: What mentally tough people do to bounce back from anything

Also discover how VISTAGE peer advisory groups help their members significantly outperform their competition, resolve critical and costly business issues, achieve work and personal life balance, and live a life without regrets.

Coffee and pastries will be served.

Register to attend by contacting Yalda Noorzai via (424) 282-2662 or Yalda.Noorzai@fbol.com.

Location: First Bank, 21705 Hawthorne Blvd., Torrance, CA 90503

About Mahyar M. Rostami, TSgt, USAF

A U.S. Military veteran, for the last 11 years, Rostami has trained leaders, government agencies, and teams to develop the character, trust, and vision required to build influence and achieve their organizational goals. Mahyar supports people with their most important relationship first while equipping them with exact strategies to deal with any situation – from managing conflict and implementing positive change within their organization, to leading with confidence, charisma, and compassion.

Mahyar is a certified leader, speaker, and mentor and holds numerous credentials in the principles of instruction from the United States Air Force, where he tenured as an Airman Leadership School instructor.



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Yalda Noorzai
FIRST BANK MEMBER FDIC
Vice President, Senior Branch Manager
firstbanks.com

George Walker
VISTAGE
Vistage Chair
<http://walkerexecutivecoaching.com>

