

BNI GAINS Profile Caren Parnes

Goals:

- To grow my business in the coming year by 20% by acquiring 2-3 larger clients who need ongoing marketing materials.
- To form synergistic partnerships with other professionals to achieve business and personal goals.
- To learn to relax and enjoy the freedom that has come from "being my own boss."
- To create balance in all aspects of my life: Mind, Body, Spirit; work, friends, family; career, service, play.

Accomplishments:

- Scholastic achievement that allowed a partial scholarship to UCLA and the opportunity to study abroad for a year in England. Graduated Magna Cum Laude, Phi Beta Kappa, with a BA in English from UCLA.
- Won several amateur fine art competitions for my artwork and have been displayed in several venues, among them the New York City Public Library.
- Was at the forefront of the "Desktop Publishing" revolution in 1984 and developed a career in setting up and teaching designers and printers how to use these new digital tools.
- Began my own business in January of 2000, after working for companies ranging from IBM (as a graphic designer in Boulder, CO), John Wiley & Sons, Publishers (designer, layout artist in NYC), and George Rice and Sons, Inc. (pre-press manager at premier high-end commercial printer in LA).

Interests:

- Everything related to the arts: reading, film-going, creating arts & crafts (drawing, painting, ceramics, stained glass, paper-making, multi-media art collage)
- Travel, nature (hiking)
- Life-long study: spiritual practice and philosophical study, literature, history, geology, cosmology
- Macophile (a lover of the Macintosh)
- Wine Tasting
- Basketball (Go Lakers!)
- Closet Star Trek fan

Networks:

- BNI
- Connections
- Bay Area Independent Publishers Association
- NCMUG (Northern California Macintosh Users Group)
- PINC (Print Industries of Northern California)
- Women In Consulting (WIC) Network
- Linked-In

Skills:

- All forms of art: design, drawing and painting, sculpture, mixed media
- Organizational and Project Management skills
- Writing and Editing background

- Exceptional listening and intuitive skills
- Good multi-tasker; quick learner; versatile, accurate and fast worker