



Talent Development Summer Series 2018

Energizer 2.0

Monday, June 4, 2018 – 3:45pm-5pm – Doak Conference Center, Room 156

Friday, June 8, 2018 – 10:45am-12pm – Doak Conference Center, Room 170a

We believe people are at their best when they're full of life and energy. Our training provides easy steps to evaluate your energy level and provide the right fuel for a healthy work and life.

- Learn how physical, mental, emotional, and spiritual energy work together.
- Discover small 15 minutes changes to dramatically increase your energy.
- Make the most out of your day by batching your activities with designated breaks.
- Rejuvenate the mind to help with anxiety, stress, and lack of focus.

Lucidity: Managing Life with Simplicity (Time Management)

Monday, July 2, 2018 – 3:45pm-5pm – Doak Conference Center, Room 156

Friday, July 6, 2018 – 10:45am-12pm – Doak Conference Center, Room 156

Have you ever felt like there's not enough time in the day for all you have to do at work and home? There's hope. Our course will address common issues in time management like:

- Handling distractions like a super ninja.
- Saying "no" with grace and without guilt.
- Designing a personalized time management system that fits your lifestyle.
- Learning the best tech hacks for delegating your work.

Communication Styles

Monday, August 6, 2018 – 3:45pm-5pm – Doak Conference Center, Room 156

Friday, August 10, 2018 – 10:45am-12pm – Doak Conference Center, Room 170a

How many people wake up every morning with the intention of jumping on someone else's last nerve? Not many, right? But isn't that how it feels some days? You want to be successful, but there's that one person who you just can't see eye to eye with. You try to communicate, but the conversation always seems to go nowhere. Don't throw in the towel! We're here to help! Learning occurs in a fun, interactive, communicative atmosphere.

- Identify your communication style and discover details about all four styles.
- Learn how to "flex" your style to communicate more effectively with others.
- Understand why communication is so important in the workplace.
- Discuss the implications of ineffective communication.
- Learn to identify each style in your own workplace.

***To register for any of these classes, please call or email us at the information below.**