



Professional Development Workshops

Expand your skills, invest in your team!

Finding the Best Version of Yourself: Empowerment, Goal Setting & Accountability

Date & Time: April 16, 2020, 8:30am-12:30pm **Cost:** \$165 per person

Location: Higher Education Center, Medford Rm 129B

Description:

How courageous are you when it comes to accepting and knowing who you are as a leader/team member? Or are you “proving, striving and trying” with no time to relax and appreciate who you really are? Together we will explore what it means to have a growth mindset and how to recognize character strengths. Through direct experience, we will learn about resilience and how to be accountable by managing emotions, thoughts and actions, all while cultivating compassion. We will discuss boundaries and self-respect, as well as self-care and confidence so that you walk away with tools to empower yourself and others both at work and at home. **To register go to sou.edu/professional.**

Learning Concepts:

- Explore and appreciate your character strengths & values
- Value your own skills and competence
- Hold yourself accountable and cultivate courage and self-trust
- Develop compassion by being self-aware and communicating
- Understand your own resilience and confidence
- Re-discover and expand your network of support

Presenters: Renée Riley-Adams is a professional coach and facilitator at Balanced Life Coaching. Renée is also a health coach for a clinical study at Northwest Memory Center in Ashland. She has worked for seven years with La Clinica employees, helping others to understand their core motivations and communicate with courage and compassion. Since 1998, she has facilitated and staffed over 100 personal growth weekends across the US, in South Africa, and the UK for a variety of non-profits including Woman Within and Wings Seminars.

Jessica Wakefield has been providing Leadership Development training and for over 15 years, working with DISC, character strengths, accountability, communication, teambuilding, personal safety, customer service, goal setting, and presentation skills. In her role as Learning & Development Manager at La Clinica, she developed a 3-day training focusing on the unwritten norms and skills needed to navigate La Clinica's culture. Jessica has Master of Arts in Leadership Development from Bellevue University, and a Bachelor Degrees in Psychology, Social Sciences from PSU.

