

TWO DAY WORKSHOP - OCT 12-13, 2016

REGINA SASKATCHEWAN

PERSONAL EXCELLENCE FOR WOMEN

Increasing Personal & Professional Competence

Excellence is not about being perfect. It is not about doing more, doing it faster or about being better. Excellence is about living, leading and working from within; from a place of self-compassion so that your choices and behavior reflect you and your uniqueness. True courage and true leadership is for those who choose this path.

Personal Excellence for Women is a two day interactive course that helps participants see themselves more clearly. This translates to big changes for women in the workplace--increased work-life balance, reduced stress, more self-awareness, improved employee relationships and more productive, engaged employees. The bottom line is improved organizational results.

Self-Awareness:

It's been said that a lack of **self-awareness** can contribute to 90% of workplace problems. This course will help you honestly confront yourself and overcome self-sabotaging behaviors:

- recognize self-defeating patterns and cycles that keep you stuck
- establish boundaries and learn why you don't say no
- set your life course by your priorities and not the expectations of others
- get control of your life and stop allowing all the 'clutter' into your world
- recognize energy drainers and how to stop them
- address work-life balance
- reduce guilt and address over-stress

Learn about your impact on others:

Knowing yourself is only half the equation. It is also important to consider your impact on others:

- how to improve your relationships through direct communication rather than 3-way calling
- the destructive patterns of passive, aggressive, and passive-aggressive communication
- how a lack of boundaries, mounting stress, and a lack of focus affect your relationships, including your relationship with your job
- a simple and effective assertiveness technique that will not only improve your relationships but will help you deal with conflict more efficiently

“Aha!” moments:

“I've learned this starts with me. This course will help with my current work situation.”

“This course has helped me understand who I am and how I work.”

“Loved all the discussions, tests and the content. Best workshop I've taken yet for sure!”

“I learned to be accountable for myself, to be more honest, direct and assertive. Very practical and hands on learning. I realize that stress is such a block to productivity.”

WHEN: Wed-Thur, October 12-13 2016 **TIME:** 9:00 am – 4:00 pm

LOCATION: Royal Executive Hotel, REGINA SK

COST: \$935/person + gst; includes participant manual, take aways, lunch and refreshments

TO REGISTER: Email w.tl@sasktel.net

REGISTRATION DEADLINE: October 5, 2016 5 pm



YOUR FACILITATOR

WENDY TURNER-LARSEN is an **executive/brain health coach and training consultant** with extensive expertise in emotional intelligence and leadership development. She has designed and facilitated seminars corporately and for a wide variety of organizations for over 20 years. With Masters Degrees in Counseling Psychology and Adult Education (thesis in Leadership development) and a Master of Science in Health & Nutrition Education, Wendy is well equipped to deliver high calibre learning. Her engaging style, and insightful understanding of human behavior, makes Wendy a sought after facilitator and executive coach. She is a facilitator of Emotional SMARTS®, a practical, engaging emotional intelligence workshop and a powerful learning known as Resilience & Stress Management in the workplace.

TESTIMONIAL FROM LEADERSHIP

The Personal Excellence course offered many 'aha's' to our team. To a person, we experienced growth on a personal and professional level. Wendy Turner-Larsen masterfully unlocks beliefs and behaviors that impede business performance and teamwork. Her practical and engaging approach influenced even the most stubborn among us to take a good long look in the mirror and recognize self-created patterns.”

—Corporate Vice President, Regina

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