

TWO DAY WORKSHOP · MAY 28-29, 2012

REGINA SASKATCHEWAN

PERSONAL EXCELLENCE FOR WOMEN

Increasing Personal & Professional Competence

Personal Excellence for Women is a two day interactive course that helps participants see themselves more clearly. This translates to some 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
- achieve work-life balance
- reduce guilt

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.”

“I learned to be accountable for myself, to be more honest, direct and assertive. Very practical and hands on learning.”

“I have learned that my stress is impacting work and home life and strategies to deal with that. I realize that stress is such a block to productivity. This course offers a holistic approach.”



YOUR FACILITATOR

WENDY TURNER-LARSEN'S expertise is in emotional intelligence and emotional well-being. She has been designing and facilitating seminars corporately and for a wide variety of organizations for over 20 years. Her popular workshop 'Running on Empty' utilizes up to date, cutting edge approaches to managing stress in the work-place. With a Masters Degree in Counseling/Psychology and a second Masters that focused on leadership development, she is well equipped to deliver high calibre learning. Her engaging style, and an insightful understanding of human behavior, makes Wendy a sought after facilitator and executive coach. She is also a licensed facilitator of Emotional SMARTS®, a practical, engaging emotional intelligence workshop.

For more information, please visit www.turnerlarsen.com or call 306-789-1871.

TESTIMONIALS 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. Therapist, 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.”

WHEN

Mon-Tues,
May 28-29, 2012
8:30 am – 4:30 pm
Ramada Inn
1818 Victoria Ave
Regina SK

COST

\$849 per person
plus GST
which includes
lunch and
refreshments

TO REGISTER, EMAIL:

w.tl@sasktel.net

REGISTRATION DEADLINE:

May 22, 2012 at 5 pm

Inquiries:

w.tl@sasktel.net

TurnerLarsen
CONSULTING

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