

## Join us on this 8-week journey...

Only \$299

## Personal Discovery & Development with these assessment tools:

- Clifton Strengths Includes assessment, full 34 Strengths report and discovery (\$59.99)
- M.I.N.D. Design Identify your "human style" through assessment and discussion
- Social Styles Identify your style through assessment and discussion

## Personal Development with these training courses:

- Time Management Time tracking, prioritization, procrastination, effective planning, tips and action planning
- Effective Communication Importance of active listening, verbal & non-verbal communication, empathy, feedback, collaboration and more
- Conflict Management Defining conflict, understanding different styles, resolution tips
- Stress Management Understanding and identification, habits, techniques, building resilience and action plans
- Goal Setting Setting & accomplishing SMARTER goals Specific, Measurable, Attainable, Relevant, Time-bound, Evaluate and Reward/Re-Adjust

This program will be super engaging through the virtual cohort group. We will meet on zoom and also have a private Facebook group for interaction, accountability and to share ideas and progress. You will receive a certificate of completion after the last session.

Virtual Cohort Program for Associations & Chambers of Commerce Staff

Our Next Cohort begins October 30th - Register today!

Mondays 11 am - 12:30 pm | October 30 - November 6, 13, 20, 27 - December 4, 11, 18

Being a better leader starts with self-awareness and effective leadership training. Understanding one's strengths and values enables leaders to make conscious choices and align their actions with their goals.

TERI Smiley

28+ Years as Chamber President Certified Gallup Clifton Strengths Coach John Maxwell Certified Team Member





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