



## 2022 PROFESSIONAL DEVELOPMENT SERIES

### **WORKSHOPS**

Two-hour long workshops will be held as follows. Water and coffee will be served. \$30 per session or \$120 for all five.

- January 25, 10 am -12 pm
- February 22, 3-5 pm
- March 28, 10 am -12 pm
- April 28, 3-5 pm
- May 24, 10 am -12 pm

### **INTENTIONAL CREATING OF RESILIENCY**

Tuesday, January 25 at 10 am -12 pm

Hampton Inn

5110 Southgate Dr.

Dave Nordel: Resilience is the ability to withstand adversity and bounce back from difficult life events. Hard times happen and getting past them is a mental game you can win. Dave will guide you through a journey of resilience to come back stronger than before. Mental toughness can help you develop a mindset that avoids experiencing a setback in the first place.

### **GROWING AND ADAPTING WITH RESPECT TO DIVERSITY, EQUITY, AND INCLUSION**

Tuesday, February 22 at 3-5 pm

Hampton Inn

5110 Southgate Dr.

What is DEI? How employers and employees are focusing on DEI in the workplace. In this session, the panelists will share how they are making progress towards DEI. They will share ways they are influencing numerous organizational leaders to make a commitment to implement better practices and how we can all make real changes for the future.

Panelists: Mehmet Casey, Carmelita Dominguez, Jeremy Welch, Sara Agostinelli

## **MASTERING COMMUNICATION IN A POST COVID WORLD**

Monday, March 28 at 10 am -12 pm

Hampton Inn  
5110 Southgate Dr.

Tim Pollard: Communication is a vital skill in life and business. Most people do not communicate as effectively as they'd like to, and that challenge has become increasingly more difficult as the world has moved into a largely virtual environment. In this session, Tim will walk the participants through the critical principles and practices of highly effective message design and delivery.

## **ADAPTIVE LEADERSHIP**

Thursday, April 28 at 3-5 pm

Hampton Inn  
5110 Southgate Dr.

Karen Miller and David Trost: Leadership isn't constant. To be an effective leader you MUST embrace and make change. This will be a highly interactive two hours, so please wear clothing you can move in comfortably. We will encourage you to break out of your silos and do things differently. In this session, we will work together to create a shared understanding of change and how best to make it happen.

## **FACING AND OVERCOMING YOUR FEARS**

Tuesday, May 24 at 10 am -12 pm

Hampton Inn  
5110 Southgate Dr.

Jeff Ewelt: Fear is a fundamental human emotion we all feel. Fear of the unknown is one of the strongest fears of the basic emotions. In this session, you will learn to face your fears and go after what you really want in life. We will take steps to feel ready to take the next challenge.

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