



Capitol Area
chapter credit unions

Attention CEOs, CELOs, Board of Directors, Managers & Staff

The Capitol Area Chapter invites all Michigan Chapters to attend the following workshop:

Adults at Work: Mastering Egos and Emotions at Work

Presented by William Diedrich, Speaker, Executive Coach and Author

Thursday, March 14, 2019

Are you ready to guide your organization to the next level? Adults at Work is an interactive and insightful workshop that helps participants to discover and reinforce the inner adult, increase influence in their organization, build more effective relationships, and further develop emotional intelligence.

After attending this engaging session, each participant will leave with the following key takeaways:

- ❖ Greater control of self and greater influence in any situation
- ❖ Tools for quickly dispersing negative emotion
- ❖ Strategies for dis-creating limiting fears and beliefs
- ❖ How to effectively manage egos
- ❖ Move closer toward a true adult workplace (where people work in partnership and hold direct, adult conversations)
- ❖ Enhanced leadership ability
- ❖ And, much more

Session Information:

Training Location: LAFCU
106 N. Marketplace
Lansing, MI 48917

Session Time: 9:00 a.m. to 1:00 p.m.

Registration begins at 8:30 a.m. Breakfast will be provided

Cost: \$49 for Capitol Area Chapter members and \$59 for other chapter participants

Deadline to register is March 8, 2019

Individuals wishing to attend this meeting that require special accommodations please contact Heather Spitzley at 517.647.7571

To attend, please send your reservation and check payable to Capitol Area Chapter of Credit Unions:

Attention: Darcie Vinten-Johansen
CASE Credit Union
4316 S. Pennsylvania Ave. Lansing, MI 48910
Ph: 1.888.393.7716 • email: dvintenjohansen@casecu.org

_____ Attendees x \$49/\$59

TOTAL \$ _____

Credit Union _____ Contact Person _____

Phone _____ E-mail _____

Please include name of each attendee:

Name _____ Name _____

Name _____ Name _____

Name _____ Name _____