2016-17 Pre-Conference Workshop Series

All workshops include dinner and will be held from 5:30—7:30 p.m. in the Town Point Building, Room 2220. Register now for the workshops by clicking the link on the Siegel Institute’s homepage!

Thriving During Stressful Times—September 29, 2016 by Dr. Roxanne Donovan

Worries about family, money, and health can make life stressful. Many of us, however, underestimate how stressed we are and are unaware of whether our coping mechanisms are effective. In this workshop, you will learn how to recognize stress and function optimally in the midst of it.

Shame: The Secret Emotion—October 20, 2016 by Kimberly Castro Owens

Do you struggle with perfectionism? Do you over-react to certain criticisms? Does the fear of failure or of criticism stop you from pursuing certain goals? Shame may be holding you back from living an extraordinary life. Learn how to build resilience against “shame attacks” and its negative effects on your professional and personal life. In this workshop you will learn: The differences between shame, guilt, humiliation, and embarrassment; How to identify the different shame triggers for men and women; How to identify your specific shame triggers; How to recognize when shame is influencing behavior; and How to overcome the limiting effects of shame.

Empowering You To Transform and Execute In Your Purpose — November 17, 2016 By Angie Sims

This workshop will review why most people don’t live in their purpose, how to get to your purpose, where to find the courage, and once you’ve found it, there are numerous ways to consistently live and execute in your purpose. Join us for a true transformation of mind, body, and soul.

Managing with Aloha—January 26, 2017 by Dr. Linda Golian-Lui

Values are critical to the world of business success. Come and join us on a special journey to the land of Hawaiian leadership and discover 19 Hawaiian values with universal management applications. Ascertain how the core concepts of Aloha (unconditional acceptance), Ohana (family), and Alaka`I (one who leads by example) can create an organizational environment that enhances experiences for staff and users. Participate in a fun interactive brainstorming session to see how you can bring the refreshing tropical attitudes of Hawaiian leadership theory into your own organizational paradise.

S.A.F.E. (Self-Defense Awareness and Familiarization Exchange)—February 16, 2017 by KSU Police

This two-hour program is based upon mutual credos: (1) violent crimes are crimes of opportunity, and when you remove the element of opportunity, you reduce the risk of attack, and (2) that 90% of self-defense is mental preparedness (i.e. awareness, risk reduction); the other 10% is physical. This program creates the opportunity for participants to receive information that may reduce their risk of exposure to violence and create an opportunity for participants to familiarize themselves with the possibility of future physical skills training.

For information concerning the Phenomenal Women’s Conference or the Pre-Conference Workshop view siegelinstitute.kennesaw.edu or contact the Institute at 470-578-2000.