

Professional Development Workshops Spring 2012 The Women's Center, 107 Hanna Hall



Hoard No More: De-clutter at Work & at Home Friday, January 27th, 1:30 – 3:00 pm

Presenter: Debbie McRae
Organization Elation

Make it a New Year's resolution to create a more calm and organized workplace and home environment. Organizing may seem tedious and time consuming, but you can triumph over this challenge. The presenter will provide participants with tips to help win the battle with clutter and disorder. Benefit from the services of the professional organizer and become de-cluttered and organized... and gain time for the important things in life!

In recognition of National Organization Month

Emotional Intelligence & Ayurveda

Friday, February 24th, 1:30 – 3:00 pm

Presenter: Rolinda LeMay
M.Ed., LC, AHP, RYT 200

Ayurveda is a healing tradition that offers drug-free, natural ways to nurture health, master emotions, and foster growth of consciousness and social intelligence. It does this through recognizing and honoring the uniqueness of each person. The presenter will discuss methods for working *with*, rather than *against*, one's inherent nature and body type. The focus will be on empowering women to maintain positivity, energy, emotional/spiritual peace and connectedness in their everyday lives. Participants will learn to establish healthy, natural, balanced daily routines that foster the well-being of the body and a calm, focused and resilient mind.



Women Take the Wheel: Become an Empowered Car Owner

Friday, April 20th, 1:30 – 3:00 pm

Presenter: Matt Shipley
Shipley Automotive LLC



This workshop is designed to help women become empowered and self-assured car owners. Learn car care basics such as checking and adding oil, checking air pressure in tires, changing a tire, adding wiper fluid, etc. The presenter will provide tips on keeping your vehicle safe and reliable, with special emphasis on knowing when to take your car in for service, what to ask while you are there, and how to respond to mechanics who treat you like a "dumb girl." Build confidence while increasing your knowledge about car maintenance. Take the wheel!