

Learning Never Ends

Julie Ann Sullivan

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167 Druid Drive
McMurray, PA 15237

Adapting to Change (1 to 2 hours)

This workshop provides useful, uncomplicated techniques to utilize in navigating through unforeseen situations. As Charles Darwin said, "It is not the strongest of the species that survive, nor the most intelligent, but the one most responsive to change."

The only constant in life *is* change. Many times we are not in control of what happens *to* us. It is how we react to that change that makes a difference. Having a plan is essential. Accepting that the journey will have unpredictable events along the way, is imperative for success

Communicate. Collaborate. Cooperate. (1/2 day/full day)

In this course, members will demonstrate a better understanding of their own personality, in addition to identifying their strengths and limitations. Successful humans excel in the ability to differentiate communication with diverse people and situations they deal with every day. Being able to recognize different temperament/personality types enhances communication skills and assists in solving problematic circumstances. This may occur with co-workers, management or clients. In addition, the recognition and acceptance of differences allows people to work together in a more harmonious way. This promotes a more amenable work place which increases satisfaction and productivity.

Conflict and Resolution (3 hours)

This seminar investigates what constitutes conflict and how that differs in a diverse population. Conflict can permeate our relationships at work, in addition to relationships with friends and loved ones. It may even pop up as we are driving down the road. The lack of ability to recognize or manage conflict can cause stress and waste a lot of time. An exploration of who we are and the awareness of what is truly important in our lives, can transform conflict into resolution. Just as important is the examination of resolution styles. An understanding of these various options creates a more productive and compassionate work place.

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How Do I Get There From Here? - 21st Century Goal Setting (1 to 3 hours)

This presentation focuses on identifying what we want and specific tools to attain those goals. There are elements to goal setting that make the difference between “running in place” and moving forward. It is important to learn more about our own priorities and the most efficient techniques to achieve our goals. In self-discovery, one can become aware of not only what they want, but personality traits and habits that enhance or hinder the process. We will practice the use of techniques that give the participant uncomplicated steps that can be incorporated into their lives immediately. Sometimes our greatest enemy is that we make the process difficult. It does not have to be. Ease of use, makes for greater accomplishment

How To Relax in a Chaotic Life (1 to 2 hours)

This session looks at chaos that we create and that which is thrust upon us. We can either change or adapt our behavior to create less stress. We all feel like we are living in chaos sometimes. The thought of taking time for oneself is hard to imagine and harder to manage. However, without truly taking CARE of ourselves, we are not as valuable to those we interact with. This is true whether we are talking about the work we do, the people we love, or even the fun that we have....or want to have. There are specific ways in which to accomplish the goal of relaxing in a chaotic life. In this class the participants will get to try some of these techniques for themselves.

Laugh Often...Live Well (1 hour)

Julie Ann Sullivan is a Certified Laughter Leader. Did you know research shows that laughter improves breathing which enhances attentiveness? Laughter also reduces stress in the workplace. Connecting through laughter allows people to work together better. An hour presentation of how to bring more laughter into our lives is a terrific way to open an administrative/management retreat, in-service for teachers, or staff training. Before you get to the policies and procedures, show your staff you care enough to make them laugh and feel good about themselves and those around them.

(For groups of 10 -1000)

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Listening and the Art of Response (1 to 3 hours)

This workshop enhances the participant's abilities to understand different approaches to listening and responding. Each situation gives us a new opportunity to react in a different way. The review of different types of listening will improve the capability to be a better listener. The "Art" comes in our capacity to respond appropriately and discover triggers that make us "not" think before we speak. An interactive section of specific tools will enhance these skills.

Team Building from Within (1/2 day/full day)

This interactive session looks at the synergy between inner strengths and weaknesses and how they relate to an individual's contribution in the workplace. Any business or organization is a team. Like sports, the better the team can work as a cohesive unit, the more success they will have. It is important to not only have a clear picture of how we react to life, but also to have greater insight into the people we work with. This understanding and the ability of acceptance of one another's differences is directly proportionate to how productive a team can be.

Thanks for being a Pain - How to Deal with Difficult People (1 to 3 hours)

This presentation takes a look at personality types and creative ways in which to cope with these circumstances. Everyone is indecisive or irritable some of the time. There are even those who seem to exist only to make our lives and work a strain. Dealing with difficult people can be accomplished when you learn to recognize the source of what makes this situation challenging. With this kind of knowledge, one can learn how to see "difficult" people as "different". By taking out the personal aspect and replacing it with acceptance, we can find more productive ways to work together