

2020 Non-Profit Training Days Session Descriptions

Session Title: *Discovering Your Job Joy: Your Guide to Stretching Without Snapping*

Presenter: Patti Seda

Session Description: Life is short. Relationships are important. Your work should be fulfilling. Having joy in your work is more than a want; it's a need. Understanding how you are wired and where your joy blossoms will help you cultivate joy throughout your days, weeks, and career. Discover how to grow and stretch in your career by maximizing your natural strengths and gifts.

Session Title: *Practical Project Management*

Presenter: Todd Hutcheson

Session Description: Project management can be a daunting, rigid, formal process. It does not need to be. There are some important key topics that need to be covered, and the process itself can be simplified into five easy steps, along with follow-up/sustainment activities. It is a subject that could very much be used to your advantage.

Session Title: *The Rippling Effect of Conversation: Using Effective Communications to Influence, Persuade, and Strengthen Relationships*

Presenter: Helena Long

Session Description: Are you in a role where you need to influence others over whom you have little or no formal authority? This session will focus on skills, tips, and techniques to help you be more effective at gaining buy-in, enhancing colleague and volunteer engagement, leading change, and strengthening relationships—through effective communications. These skills will help you get results as an influencer. The topics to be explored in this session include:

- Understanding the Dynamics of Communication (with a “user friendly” Communications Model)
- Barriers to Effective Communication and Strategies to Address Them
- Empathy and Communications
- What You’ve Never Heard About Active Listening
- Emotional Hijacking—and How to Avoid It

Session Title: *Overcoming Conflict*

Presenter: Samantha Holmes

Session Description: We have experience with all types of conflict, whether it is personal or professional. Improving relationships one conversation at a time is important. It may not be easy; it may be messy. This session will help. During this session, we will create awareness around conflict styles, learn what tools can help you overcome your aversion to conflict, and create confidence to approach any topic in a way to build up relationships.

Session Title: *Coaching Skills for Leaders*

Presenter: Cherrie Spurlin

Session Description: Great leaders influence others through relationship-building activities that include asking the right questions, listening to their employees, and coaching with compassion. In this session, you will develop knowledge to assist you in being a coach that leads. Everyone remembers the people in their life that encouraged them, challenged them, and help them be their best self. Learn how to be that person for others by being a coach first and a leader second.