

To schedule one of these professional development workshops for your school, business, or organization, contact your local UW-Extension Office.

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An EEO/AA employer, University of Wisconsin-Extension provides equal opportunities in employment and programming, including Title VI, Title IX, and the Americans with Disabilities Act (ADA requirements).

Requests for reasonable accommodations for disabilities or limitations should be made prior to the date of the program or activity for which it is needed. Please do so as early as possible prior to the program or activity so that proper arrangements can be made. Requests are kept confidential.

Professional Development Trainings

offered by Calumet, Outagamie, Waupaca, and Winnebago County UW-Extension Offices

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Real Colors

Real Colors® is an interactive workshop experience providing participants with the skills to:

- Understand human behavior
- Accept and value differences
- Increase understanding, empathy, and communication
- Uncover motivators specific to each temperament
- Learn skills that are easy to incorporate into everyday life

This program will help you understand yourself better, and more importantly, better understand those you live, work, and interact with on a daily basis. It is a useful tool in improving communication, reducing conflict, and bettering relationships.

Since 1993, over 1.5 million people in businesses, professional organizations, universities, and government agencies have used Real Colors and its principles to improve and enhance their personal and professional relationships. The techniques learned through Real Colors can help bring a lasting, positive change, resulting in higher levels of success for all.



Taking Care of You

Taking Care of You is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life. Managing life's challenges in a healthy way allows you to take better care of yourself and your overall health. Each week you will explore topics through small group discussion, self-reflection and activities.

Activities of the program are aimed at increasing mindfulness, positive emotions, optimism, resiliency to stress, coping skills, and self care of one's mind, body and spirit.

Participants will learn strategies to:

- Take better care of all aspects of your health – body, mind, and spirit
- Become more aware of the mind-body connection and how to use this awareness to improve your health
- Respond with thought versus reacting automatically to life's stressors
- Discover opportunities in life's challenges
- Develop healthier habits that can lead to healthier you
- Find ways to become a happier person
- Simplify your life
- Live more in the moment

This program can be modified to fit your time schedule.



Communicating Across Generations

The **Communicating Across Generations** workshop is designed to help participants recognize the descriptors that define a generation and identify the forces that shaped their attitudes, beliefs, expectations, and worldview.

Never before in our nation's history have so many people from so many different generations been in the workforce at the same time. As a result, individuals, employers, and organizations are presented with many challenges and many opportunities. Each generation brings diverse perspectives, values, needs, and expectations to the workplace. And those who can communicate effectively across generations have much to gain:

- Learning to blend the distinctive creative energies and accommodate the different working styles of these generations creates a dynamic team.
- Helping employees from divergent generations develop skills that enable them to appreciate their differences will greatly enhance production, quality of performance, and job satisfaction.