

Presenters

Debbie Moellendorf has been an educator with the University of Wisconsin-Extension and now UW-Madison Division of Extension for over 30 years based in Lincoln County. She is a Professor in the Department of Youth Development. Her programming focuses on empowering youth and adults through education and resources to support their health and well-being.

Judy Rannow has over twenty years' experience in strategic planning, training, organizational development, leadership development and change management. Her experience includes analyzing organizational and professional development needs to determine appropriate professional development interventions to systematically meet identified needs. She has extensive experience developing, delivering and evaluating professional development workshops as well as incorporating appropriate technology. She has worked with primary, secondary and post-secondary educational institutions, non-profit organizations, community education programs, workforce development organizations, leadership programs and governmental agencies. Judy offers a wide variety of hands-on formal and informal educational opportunities for diverse groups and is MBTI, SDI, DiSC, KGI, Franklin Covey (7 Habits Signature, Leading at the Speed of Trust, Working at the Speed of Trust, 5 Choices and Project Management) certified and a Have a Nice Conflict, Habitudes and Becoming a Leader We Need with Strategic Intelligence licensed facilitator.

NCAA Strives to:

Educate

Motivate

Engage

Inspire

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NORTH CENTRAL ACTIVITY ASSOCIATION



Mirjam Meijer

*Spring
Workshop*

Spring Renewal:

“Taking Care of You: Body, Mind, Spirit”

“ Communication - Style Matters”

Becoming a Great Leaders begins with communication!

Thursday, April 11, 2019

1:00pm—4:30pm

Directed Toward:

Long-Term Care

CBRF

RCAC

Adult Day Care

Group Homes

Program Descriptions

Taking Care of You: Body, Mind, Spirit:

A research-based program that offers practical strategies and experiences to help individuals deal with the stress in their lives. Managing life's challenges in healthy ways allows participants to take better care of themselves and their overall health. Participants will consider ways to:

- Become more aware of the mind-body connection and how to use this awareness for better health,
- Respond versus react to the stress in life,
- Discover opportunities in life's challenges,
- Find ways to bring more joy into life, and
- Simplify life.

Communication – Style Matters

People have different communication styles. Some people are more verbal than others or use more extensive vocabularies. This can create the perception that we are using a different language or at least a different dialect. How you communicate to others matters. Can you change your style based on your audience or do you communicate in the way you like to be communicated to? In this session, we will cover differences in communication styles and how to improve communication with others.



Itinerary

12:30pm	Registration
1:00pm	Taking Care of You: Body, Mind, Spirit
2:30pm	Break
2:45pm	Communication—Style Matters

3 Hours Continuing Education

Location

North Central Health Care
Lake View Professional Plaza
1200 Lake View Drive
Wausau, WI 54403
(Wausau Training Room)

Registration

Brianna VandenHeuvel
Pine Crest Nursing Home
2100 E. Sixth St.
Merrill, WI 54452
E-Mail:
bvandenheuvel@co.lincoln.wi.us

REGISTRATION: NCAA SPRING WORKSHOP - THURSDAY, APRIL 11, 2019 1:00pm - 4:30pm

NAME(s): _____

EMAIL ADDRESS (for conference confirmation): _____

FACILITY: _____ DAYTIME PHONE: _____

FACILITY ADDRESS: _____

PAYMENT ENCLOSED: \$ _____ \$20.00 Per person (NCAA Members)/ \$20.00 each add'l person from same facility

\$25.00 per person (Non-Members)/\$20.00 each add'l person from same facility

Make check/money order payable to "NCAA".

Mail completed registration form & payment by **Friday, March 29, 2019** to the registration address listed in the brochure.

We hope to see you there!