

**You're
invited to
spend a day
like no other.**

The

Conference for
Women

“Great workshop. Very empowering and helpful skills for the workplace and my personal life.”

—K. Webster

Join other professionals from your area for a day of career growth and personal development.

Choose from 10 enlightening sessions that provide the tools you need to build on your inherent talent and strengths ... grow as a professional ... ignite your personal passion ... and set your sights on YOU!

- Effective communication
- Personal empowerment
- Conflict management
- Leadership skills

Don't miss this one-day conference and the opportunity to network with other professionals like you!

To enroll, call 1-800-873-7545 or visit skillpath.com/WOMENS19

Unleash your unlimited potential when you attend this one-of-a-kind conference.

Take advantage of this unique, daylong workshop—designed to make a lasting, positive impact on your life.

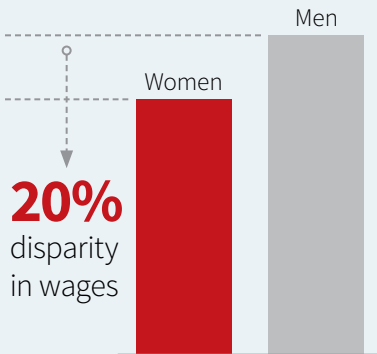
You'll spend the day with the most inspiring professional trainers you'll ever meet—and network with women who are facing the same life situations you are. It's a day full of meaningful insights you won't soon forget!

Just take a look at some of the things you'll learn ...

- How to present your ideas persuasively to ensure buy-in and support
- The real differences between the ways that women and men communicate
- Motivating life lessons from 5 unstoppable women
- The useful 6-step approach to achieving win-win conflict resolution
- How to assert yourself with challenging personalities
- Tips on how to get what you need—without apologizing
- Discover your personal triggers and how to express anger productively
- Effective ways to handle stress, stressed-out people and difficult situations with confidence
- Proven ways to bring more value to your current position and increase your overall value at work
- And so much more!

Register now! You'll get dozens of new ideas and action plans to help boost your career. But the *Conference for Women* is more than just a day of training ... it's a day you set aside for yourself to learn, share, network and grow.

To enroll, visit skillpath.com/WOMENS19



Why do we still need a special conference designated for women?

Despite the tremendous advances we've made over the years, the United States ranks far behind dozens of other countries when it comes to gender equality. And there's still a 20% disparity in wages ... and too few women at the top. That's why we're eager to share this incredible workshop with you.

Source: The Global Gender Gap Report, 2018

Don't miss this exciting opportunity to write your own success story. Enroll today!



LEARNING PREVIEW:
**7 Building Blocks
to the Top**



1. **Learn the corporate culture**—Understand the organization and its politics
2. **Be observant, watch and listen**—Learn from those around you
3. **Don't hesitate to make lateral moves**—The more you know and can do, the more valuable you are
4. **Ask for opportunities to learn new skills**
5. **Find good mentors and realize the importance of peers**
6. **Be visible**—Develop contacts and resources and seize every opportunity to network
7. **Develop a career plan**—Evaluate and review it with someone you trust



To see a full listing of courses coming to your area, scan the QR code or visit skillpath.com/mycatalog

Conference at a glance ...

Design your day to suit your needs. Choose one track or move between the two to personalize your experience (breaks occur throughout the day). It's your conference—don't miss a thing!

TRACK ONE: Professional Growth and Development

TRACK TWO: Developing Your Career Passion

OPENING SESSION

Life lessons from 5 unstoppable women

Inspirational ideas and wisdom on how to overcome adversity, bounce back powerfully and be a super success

SESSION 1

How to communicate like a pro

Nothing enhances your professional image more than the ability to get your point across

Stay inspired and motivated in your job

Discover the ultimate motivation—develop a passion for your work!

SESSION 2

Conflict management skills

How to keep your cool, stand your ground and positively resolve conflict

Saying the right thing

Helpful tips for navigating challenging interactions like a pro

GROUP SESSION

Find your own success—building blocks to the top

SESSION 3

The power of assertive language

Ask for—and get—what you want by sending a message of confidence and authority

Handling stress in the workplace

Managing stress and maintaining a professional image when pressures are mounting

SESSION 4

Leading with impact

Cultivate your untapped potential and launch your vision into action

Create an effective workspace for you

Increase efficiency, enhance productivity and boost your on-the-job effectiveness

SESSION 5

Dealing with difficult people

Take charge of difficult situations and come out on top every time

Enhancing your professional presence

Develop a powerful, positive presence—it's one of your most valuable resources

Conference **Agenda**

Program hours: **9:00 a.m. – 4:00 p.m.** Registration: **8:15 a.m. – 8:50 a.m.**

Choose from
2 empowering
tracks! 10 dynamic
sessions!

TRACK ONE: **Professional Growth and Development**

SESSION 1:

How to communicate like a pro

Effective communication is at the heart of your professional success.

- How to deliver confident, powerful and persuasive presentations
- Tips for ensuring your written skills positively reflect your abilities
- Discover how to avoid the most common communication pitfalls

SESSION 2:

Conflict management skills

Enjoy increased harmony and improved productivity.

- Expressing yourself objectively even in the face of conflict
- 4-step approach to delivering feedback that gets results
- How to handle rejection without feeling defeated

SESSION 3:

The power of assertive language

Learn how to say what you mean and get what you need more often.

- 5 strategies for turning indecisiveness into assertive action
- When the word is “No”—how to say it and mean it *without apology*
- Asserting yourself with those especially challenging personalities

TRACK TWO: **Developing Your Career Passion**

SESSION 1:

Stay inspired and motivated in your job

Transform your 9-to-5 life and make the work you do the work you love.

- Determining what’s really important to you
- Proven ways to bring more value to your present position
- Regain your passion for your work and see yourself thrive

SESSION 2:

Saying the right thing

Approach even the most complicated conversations with confidence.

- The secret to dealing with people directly, honestly and on equal footing
- The 5 Golden Rules for having discussions turn out the way you want
- Planning your conversations in advance so you won’t get sidetracked

SESSION 3:

Handling stress in the workplace

Reduce your stress and build your credibility at the office.

- Have you tried this? Unusual—but effective—ways to manage stress
- How to use levity to cope with problems
- Self-awareness and using your anger as a tool—not a weapon

Brought to you by **SkillPath**—

A leader in learning and development since 1989, SkillPath trains thousands of growth-oriented professionals like you every month. Our conference leaders are a select group of skilled teachers and subject matter experts who support our overarching mission—to provide the highest-quality training, tools and instruction so that you can benefit both personally and professionally from every learning experience.

SESSION 4:

Leading with impact

Build the skills you need to be in charge—wherever you are in your career.

- 5 inevitable leadership challenges and how to overcome them
- How leaders delegate and multiply their impact
- How to see long-term—and put your vision into a plan

SESSION 5:

Dealing with difficult people

Discover how to neutralize the effect difficult personalities have on your sanity.

- Methods for expressing anger that work to your benefit
- Mending relationships you thought were permanently damaged
- 6 reliable techniques for keeping your cool no matter how heated the situation

SESSION 4:

Create an effective workspace for you

Are your surroundings at work distracting and draining ... or inspiring and energizing?

- Creative ideas for personalizing your office, work station or cubicle
- Simple modifications that will increase your productivity
- How to configure your work area for everyday success

SESSION 5:

Enhancing your professional presence

Your professional image is vital to getting ahead in your career.

- Projecting an image that shows you're in command, yet approachable
- Avoiding behaviors that rob you of your credibility
- How to overcome the most common barriers to your success



Attend this conference and experience for yourself the positive effects of powerful ideas, skillfully presented.

To enroll, call 1-800-873-7545 or visit skillpath.com/WOMENS19

What other attendees are saying ...

“I liked the idea of being able to choose different topics that interested me. It helped keep the conference interesting. With such a good variety, I was able to choose the topics that applied best to me.”

– Kim Carrington

“I found so much insight and helpful knowledge in today’s workshop. I think there should definitely be more resources like this available for professional women!”

– Krystal McPhaul

“This conference helped get me back on track with goals and things that I have wanted to do. Excellent!”

– Christine Olson

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Locations and Dates

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of high-ranking women maintain an inner circle composed primarily of women

Source: Northwestern University, 2019

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Bring this course to your organization

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It's easy to enroll!

ONLINE:

For fast, easy registration, enroll online at skillpath.com/WOMENS19

PHONE:

Call us toll-free at 1-800-873-7545

EMAIL, FAX OR MAIL:

- Email your enrollment to us at enroll@skillpath.com
- Our 24-hr. fax number is 1-913-362-4241
- Mail your enrollment to us at:
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Take a day to focus on you ... and your future!

The

Conference for **Women**

Don't miss this empowering
one-day workshop developed
by women for women!

Enroll today at skillpath.com/WOMENS19