

PERSONAL DEVELOPMENT

EVENT DESIGN FROM CONCEPT TO CREATION

Are you responsible for organizing retreats, meetings, parties, staff educational programs or other important events? By taking time to plan, doing research, and understanding the details involved in event planning, you will be prepared to plan your next event with ease.

code:	PICEU-009-MC	cost:	\$89
dates:	Apr 13-Apr 20	days:	T
time:	06:30PM-09:30PM	location:	MAC 112

RELATIONSHIP EMPOWERMENT

In this highly interactive workshop the seven deadly and seven caring habits of relationships are covered. Explore how males and females experience relationships and want different things from the relationship. Discuss the three possible relationship choices: leave it, change it, or accept it. Conflict resolution is demonstrated using different techniques. Bring a guest for free.

code:	PIBUS-112-MC	cost:	\$19
dates:	Apr 10	days:	S
time:	09:00AM-10:30AM	location:	MAC 108

EMPOWERMENT PARENTING

This workshop helps parents understand the psychology behind what is happening with children at various stages. Empowerment parenting teaches parents simple strategies for helping their children succeed and overcome challenges. Learn how to align themselves with their child's resistance for increased cooperation and compliance. Bring a guest for free.

code:	PIBUS-113-MC	cost:	\$19
dates:	Apr 10	days:	S
time:	10:45AM-12:15PM	location:	MAC 108

GETTING WHAT YOU WANT IN 2010!

Learn how to attain your goals with an effective time-tested system. Since attaining goals requires hard work and determination, this system provides built-in support and accountability. Learn how to identify goals, create a time management plan, and maintain balance in your life while maintaining a positive attitude and staying motivated. Bring a guest for free.

code:	PIBUS-115-MC	cost:	\$29
dates:	Apr 10	days:	S
time:	01:00PM-04:00PM	location:	MAC 108

BECOMING THE INTENTIONAL YOU!

If you are interested in attending all (3) seminars: Relationship Empowerment, Empowerment Parenting, and Getting What You Want in 2010, then please register for the entire one-day program. Not only will you save \$18, you can still...bring a guest for free.

code:	PIBUS-048-MC	cost:	\$49
dates:	Apr 10	days:	S
time:	09:00AM-04:00PM	location:	MAC 108

CPR/AED AND FIRST AID TRAINING

This course teaches life-saving skills which include adult and pediatric CPR/AED (Automatic External Defibrillator) training, choking emergencies, blood-borne pathogens, and first aid. First aid skills covered include stopping bleeding, burn treatment, bone and joint injuries, and sudden illness. Learn about responding to emergencies, barrier devices, activating an EMS system, and chain of survival. Red Cross certification awarded upon completion of the course. This course is not for health care professionals.

code:	GSMED-020-PS	cost:	\$79
dates:	Feb 6	days:	S
time:	09:00AM-04:30PM	location:	BCEC 1315

code:	GSMED-020-P1	cost:	\$79
dates:	Mar 6	days:	S
time:	09:00AM-04:30PM	location:	BCEC 1315

code:	GSMED-020-P2	cost:	\$79
dates:	Apr 10	days:	S
time:	09:00AM-04:30PM	location:	BCEC 1315

Here are some online personal interest courses offered 1/20 - 3/22, 2/17 - 4/19, 3/17 - 5/17, and 4/21 - 6/21, 12 sessions, most classes start at \$95 or visit ED2GO.com/mac

**ASSISTING AGING PARENTS**

Are your parents in their golden years? Learning how to help parents or other loved ones through their transition can prepare us for our own. This compassionate and comprehensive course gives you the tools, techniques, and insights for this passage.

**OUTDOOR SURVIVAL TECHNIQUES**

Learn the essential skills you need to survive in a remote and/or stranded condition. Develop a survival kit, learn the proper usage of a map and compass, discover the secret to making fire without matches or lighters, learn how to purify any water source, and understand how to construct a shelter.

**GOODBYE TO SHY**

Want to learn how to overcome shyness? The ability to interact with others affects everything we do, from selecting a mate to advancing in our careers. Learn how to reduce anxiety, build self-esteem, and strike up conversations with others.

**GET ASSERTIVE!**

Are you tired of being intimidated and treated badly by others? Get the assertiveness training you need in order to be more confident and powerful with family members, friends, bosses, co-workers, professionals, service people, and even total strangers. It's your turn to speak out!