

“Second Saturday” Workshops for Business/Life & Leadership Planning

Proceeds benefit Memphis Chapter, National Association of Women Business Owners (NAWBO)

Classes held at Corporate Office Centers, The Colonnade Center

1661 International Drive, Suite 400 (between Poplar Avenue & Quail Hollow)

\$25 per 1 ½ hour session. Reservations required for security/bldg. access, 901.340.7517.

“Living on Purpose” 12:30-2:00 p.m.

Shelley Page Baur, facilitator and author, **Integrity-Based Communications™**

Saturday, January 9, 2010 * Module 1: Communicate with Integrity

Learn and practice the six behaviors of **Integrity-Based Communications™** to integrate thought, word, attitude and action. Use this model for teaching expectations, giving and receiving effective feedback/evaluations. Reduce stress, manage time efficiently, and build high-trust relationships.

Saturday, February 13, 2010 * Module 2: Clarify Your Values

Clarify, prioritize, and “make meaning” (behavioral expectations) for the top six values in your “relationship of choice.” Learn to define and communicate what drives you to achieve or retreat, in an empowering self-discovery exercise.

Saturday, March 13, 2010 * Module 3: Learn to Live a Balanced Life

Take an honest, introspective look at life balance in nine life domains: body, mind, spirituality, romance, family, community, career, money, and play. Leave with a nine-step action plan to get you closer to where you want to be, and a tool to self-assess regularly.

Saturday, April 10, 2010 * Module 4: Build Your Confidence

Learn more about who you are and let others get to know you more authentically. An exercise using the first two behaviors of **Integrity-Based Communications™** will surprise and delight you in its power to deepen relationships, both with yourself and others.

Saturday, May 8, 2010 * Module 5: Eliminate Negative Emotions

Learn why and how your ways of thinking affect results in every area of your life. Leave with communication strategies to create what you really want, and kindly confront what needs to change in an exercise, “Habits to Make, Habits to Break.”

Saturday, June 12, 2010 * Module 6: Accelerate Your Goal Achievement

Learn and apply techniques for writing, speaking, affirming and achieving what you really want. Choose one specific goal for intentional focus, learn how to eliminate fear and anchor success.

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Saturday, July 10, 2010 * Module 7: **Learn the Power of Commitment**

Experience an out-of-the-box team exercise: a journey to connect theory and fun to real-life application. Discuss, share and apply principles to get the results you really want; brainstorm ways to hold yourself accountable.

Saturday, August 14, 2010 * Module 8: **Develop a “Success Personality”**

Based on behaviors 3 and 4 of *Integrity-Based Communications*™, this session provides deeper insights to authentic friendship and professional teambuilding. Learn and practice the ABC’s of a “Success Personality” that will ensure stronger relationships and higher levels of happiness, both personally and professionally.

Saturday, September 11, 2010 * Module 9: **Claim Your Personal Power**

Based on behaviors 5 and 6 of *Integrity-Based Communications*™, learn how important it is to banish excuses/blaming, and to claim one’s personal power. Mastering the discipline of self-leadership is vital to building high-trust relationships.

Saturday, October 9, 2010 * Module 10: **Life Mission and Purpose**

Explore your core values, define what gives you the highest feelings of success. Discover and express your sense of an overarching life goal, and leave with a written life mission and purpose statement. This exercise may change your life in surprising and powerful ways!

Saturday, November 13, 2010 * Module 11: **The Mastermind Process**

Based on the life work of Andrew Carnegie, learn and practice an advanced group technique for leveraging trust, encouragement and accountability for setting, collaborating, achieving and celebrating goal achievement.

Saturday, December 11, 2010 * Module 12: **Celebration**

This uplifting team exercise for respecting, acknowledging and encouraging team contributions is the culminating experience for people who have come to know, like, and trust one another during the previous sessions.

“Living on Purpose” workshop from 12:30 to 2:00 p.m. is preceded by the “Plan for Success” workshop from 10:00 to 11:30, presented by Nita Black (description next page).

For more information, contact Nita Black at (901) 413-1315.

\$50 for both workshops; \$25 for one workshop. Money is donated to the National Association of Women Business Owners (NAWBO) Memphis Chapter, a non-profit serving Memphis Area Women in Business.

People in career transition may attend free. RSVP with resume to Nita Black, email nitab@memphisoriginals.com or call Shelley Baur 901.340.7517. Reservations required for access to bldg.

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“Plan for Success” 10 to 11:30 a.m.

Saturday, January 9th, 2010 - *Building More Cash*

- Create a one page tool to build more cash.

Saturday, February 13th, 2010 - *Clarifying Your Vision*

- Complete a ten part summary to clarify your long-term vision for a fulfilling life, personally and/or in business.

Saturday, March 13th, 2010 - *Focusing on the How*

- Identify specific steps on what and how you want to make a difference in your life, either through your current career or as a small business owner.

Saturday, April 10th, 2010 - *Identifying the Sweet Spot*

- Use the “Hedgehog Concept” to identify who you want to serve and how you can help others better than anyone else.

Saturday, May 8th, 2010 - *WIIFM - What’s In It for Me?*

- Distinguish how you are unique and why people should choose you or your product/service.

Saturday, June 12th, 2010 - *Implementing Your Plan*

- Clarify how you will reach the people with whom you want to spend the rest of your life.

Saturday, July 10th, 2010 - *Refining the Process*

- Describe key factors to use in your life or business in finding solutions and meeting the wants/needs of others.

Saturday, August 14th, 2010 - *It Takes a Village*

- Identify and work with people and experts in your life in order to implement your plan and exceed your goals.

Saturday, September 11th, 2010 - *Fulfilling Your Passion, For Real*

- Tailor your life plan or business plan by defining future milestones which fulfill your passion.

Saturday, October 9th, 2010 - *Overcoming Finance-Phobia*

- Begin now to make financial changes which are consistent with your non-financial goals.

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Saturday, November 13th, 2010 - *Tying It Together*

- Complete the summary of a written life plan or business plan to specify your long-term financial and non-financial vision for a fulfilling life.

Saturday, December 11th, 2010 - *Friends & Family First*

- Summarize your vision to share your dreams with friends, family, advisors, and benefactors so that they will be the first to know.