Join us for a Worksite Wellness Networking and Training Event

Courageous Conversations

This training will focus on skill-building in areas of communication and conflict management.

Objectives for this training include:

- Identify the role that communication plays in effective interactions.
- Discover various communication styles, and how to best approach each type.
- Identify and learn how to overcome barriers to effective conversations.
- Understand the difference between "Control" and "Influence," and how to optimize our ability to influence outcomes.
- Implement step-by-step process for approaching difficult conversations.

Katie Slette, SPHR, SHRM-SCP, is the Director of Human Resources at New Ulm Medical Center. She has over fourteen years in progressive healthcare leadership roles, including senior leadership roles in Clinic Operations and Marketing. She is a certified Insights Discovery ® practitioner, and enjoys helping others to strengthen their relationships through improved communication and self-awareness.

Courageous Conversations

Date:	April 11, 2019
Time:	11:30 a.m. to 1 p.m.
Location:	New Ulm Medical Center Lower Level Conference 1324 5th Street N
Cost:	Lunch from NUMC will be available for $10 (cash or check only)
RSVP:	By April 8 to jennifer.maurer@allina.com

THANK YOU to all of the New Ulm-area worksite wellness leaders who are joining us each quarter to learn, share and find solutions to common challenges in building a culture of health at the worksite. Together we can make a difference.

Allina Health
NEW ULM MEDICAL CENTER
Occupational Health and Wellness Services

New Ulm Minnesota
Area Chamber of Commerce

Heart of New Ulm
Supporting a culture of wellness

ship
statewide health improvement partnership
BROWN, NICOLLET, LE SUEUR & WASECA COUNTIES