



Stop Feeding Your Saboteur

In-person training with
Susan Mitchell



Key Topics Include:

- What is your saboteur saying to you? Do you carry your work stress home with you, or does your family life stress follow you to work?
- Recognize your saboteur - notice it when it rears up.
- Understand the root causes
- Neuroplasticity 101
- Break the cycles
- Reframing your mindset

Register at **MWACA.org/events**

Questions? **816.413.9800**

Des Moines Chapter



Tuesday , November 18, 2025



6:30-8:30 pm



DMACC
Building 13, Room 16AB
2006 S Ankeny Blvd
Ankeny, IA 50023

Members: \$30
Non-Members: \$45

Includes dinner and
training.

for technicians,
service
advisors,
managers, and
owners

Sponsored by:



MWACA is committed to providing a recruitment-free environment during training sessions and events for all employees of its member shops.