

# EMERGING



## Personal and Career Development Series

Powered by YWCA Southeast Wisconsin  
in collaboration with Professional Dimensions

YWCA Southeast Wisconsin and Professional Dimensions have joined forces to create a virtual safe space for women of all backgrounds to work and learn together.

Emerging is a personal and professional development workshop series created in collaboration with YWCA Southeast Wisconsin and Professional Dimensions Charitable Fund, *The Ripple Effect* project. We successfully kicked off our series in mid-October of 2020 with the first track series entitled *Personal Growth & Self Care*. We had over 50 participants in each workshop and provided workbooks with tools that aligned with the facilitator(s) presentations.

### Personal Growth & Self Care included the following workshops:

- Emotional Intelligence: How to Keep it Together When I Feel Like I'm Falling Apart!
- Taking Care of Yourself While You Take Care of Everyone (and Everything Else)
- Nourishing Yourself: Food, Mind, Body and Spirit. Taking Care of Yourself While Taking Care of Others
- Successful Living with Journaling and Goal Setting

Thank you to our presenters: Karen Vernal of Vernal, LLC., Therese Heeg of LifeWorks Coaching & Training, LLC. And Kerri Balliet of Red Baron Coaching.

Participants agreed/strongly agreed that group discussions were valuable, technology was used effectively, engagement was high, and that the workshops provided effective resources to improve their lives. Participants also felt that stated workshop objectives were completely met.

Participants learned valuable tips and tools to use in their everyday lives. This includes speaking professionally and understanding the importance of communication in the workplace, managing stress, and the importance of listening to their body and recognizing what is needed to be successful.

### Hear what participants had to say:

*"Emerging is the exact type of engagement that has both immediate impact and a long-term "ripple effect" - in many directions. Can't wait for what comes next".*

*"The one thing is that all of these sessions were SO important, especially in our current situation"!*

*"I valued the experiences of the presenters and their dedication to helping other women understand the importance of self-care. Thank you"!*

*"I valued spending time with other women who I felt were feeling similar to me and being able to share in a safe space".*

*"The calming energy of all of the ladies who were teaching the lessons. It was very easy to listen to their stories as well as share our stories with others in the breakout rooms".*

Check out our upcoming series focused on *Self Awareness & Building Your Future*. Register [here](#).