

# ***Jeanne Sexson***

## **Skill Building Opportunities**

Thursday, September 20th ~ Gering Civic Center

**Cost: \$15.00 per session or \$40.00 for all 3 sessions**

Registration deadline September 14th



**Jeanne Sexson**

**Session 1: 8:30 - 9:30 a.m.**

### ***Gain The Day - Control Pressure When Demands Exceed Resources***

- \* Staying on top of the mountain rather than under it
- \* Identifying specific sources of pressure
- \* How demands affect decisions

**Session 2: 1:15 - 2:15 p.m.**

### ***What It Takes To Make "IT" Happen***

- \* Get started on getting started
- \* How to define "IT" in measurable terms
- \* How to NOT struggle to reach a goal

- Author of several motivational books
- Presented for over 28 years in & out of continental US
- Recipient of the "Edit It" award for commitment to achieving precision in communication

**Session 3: 2:30 - 3:30 p.m.**

### ***Lighten Up And Live (getting and keeping a balance)***

- \* The importance of getting and keeping a balance
- \* How attitude affects health/productivity
- \* Dealing with expectations to reduce disappointment

**\*\*To learn more about each session visit [www.jesexsonenterprises.com/topics](http://www.jesexsonenterprises.com/topics)\*\***

We have partnered with Panhandle Worksite Wellness Council to offer you three sessions during their Panhandle Safety & Wellness Conference.



If interested in the full conference, visit [www.pphd.org/pwwc](http://www.pphd.org/pwwc) or call Jessica Davies at 308-487-3600

Grant provided by:



To register  
Call 308-632-2133 or  
[office@scottsbluffgering.net](mailto:office@scottsbluffgering.net)

