



WOMEN IN BUSINESS: SUCCESS SERIES

Connect with businesswomen, listen to industry experts, share ideas, and discover valuable resources to grow your leadership.

Everyone Communicates - Few Connect

Learning how to connect can be vital to success in relationships and careers. And while it may seem like some folks are just born with it, the fact is anyone can learn how to make every communication an opportunity for a powerful connection. As we walk through life - both personally and professionally - it's not enough to work hard. . . . it's not enough to do a great job. To be successful, you need to learn how to communicate in a way that connects with others. This course will underscore principles and practices to equip you to communicate at a level that runs far deeper than words.

Thursday, Jan. 13 | 12:30- 4:30P | \$99

DISC---Discover Yourself

This personality assessment determines your DISC type based on your typical behavior centered on the four DISC factors of Dominance, Influence, Steadiness and Compliance.

Thursday, Feb. 10 | 12:30- 4:30P | \$99

The Secrets of Body Language

Learn to identify the nonverbal communication through the body behavior of facial expressions, gestures, body posture, touch, eye movement, and space.

Thursday, Mar. 10 | 12:30- 4:30P | \$99

The Art of Public Speaking

Work on your public speaking skills and become more confident in your presentations and interactions with groups.

Thursday, Apr. 14 | 12:30- 4:30P | \$99

Change is an Oxymoron

Change is something that excites people who love opportunities for growth, to see and learn about new things, or who like to shift the status quo. Some changes, however, are harder to adjust to and lead to expressions of resistance and anger. We can take concrete steps to make change more palatable by understanding people's hesitation, enlisting the help of others, setting up plans, and managing stressors. These steps can also ensure that desired changes are implemented successfully.

Thursday, May 12 | 12:30- 4:30P | \$99

The Power of Emotional Intelligence

Emotional intelligence (otherwise known as emotional quotient or EQ) is the ability to understand, use, and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. Emotional intelligence helps you build stronger relationships, succeed at school and work, and achieve your career and personal goals. Class will give you the basics for understanding your EQ and its effect on yourself and others.

Thursday, Jun. 9 | 12:30- 4:30P | \$99

ICTC Muskogee Campus, Brackeen Seminar Center
2403 N. 41st Street East, Muskogee, OK

Discount: Enroll in all 6 sessions for \$500

All materials will be included. Space will be allowed for social distancing.

CONTACT TO REGISTER

Kathy.Adair@ictech.edu or 918-348-7939 | Jerri.Stoutermire@ictech.edu or 918-348-7938 | Katey.SherrickBlair@ictech.edu or 918-348-7940

OR REGISTER ONLINE AT: <https://forms.gle/X4Uh7A1vDExwggg97>

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Instructor: Anna Irwin, is a Human Behavior Specialist focusing on the people skills arena. She assists individuals as they master their communication and leadership skills, ensuring they become invaluable members of any team they are part of in all areas of their lives. Irwin has worked with numerous organizations across the state to improve their leadership, communication and team cohesiveness skills. She holds a bachelor's degree in communication from the University of Central Oklahoma and a master's degree in organizational behavior from Boston University. Irwin is a Certified John Maxwell Instructor specializing in engagement, teamwork, productivity and all things leadership.