

*Individual
Development
Means . . .*

Speaking . . .

Without fear of recrimination when learning to organize and present ideas.

Participating . . .

In discussions and role play learning exercises designed for the novice to those who want to sharpen existing skills.

Analyzing . . .

The dynamics of personal and group behavior: the criteria for effective communication and leadership.

Inquiring . . .

Into the issues affecting working and how to take action.

Evaluating . . .

Individual strengths and weaknesses, performance of others and effectiveness of class events.

*Individual
Development
Will . . .*

Provide a detailed course manual with class outlines and handy “Basic” sheets for future reference.

Provide trained instructors who are dedicated to the education and advancement of America’s working women.

Invite participants to shape the class, using real-life circumstances to analyze and act upon.

Train participants to evaluate their own performance and those of others.

Take a step-by-step approach through the whay and why of effective communication, and show how to plan and deliver a speech or presentation.

INDIVIDUAL DEVELOPMENT:

For Professional and Personal Growth, with effective instructors, meaningful interaction, and the development of skills that will help you advance in your career and personal life .

**Individual Development
Session One**

Saturday, February 20, 2010
8:00 a.m. - 4:00 p.m.

Denny's Restaurant
232 - 128th St. SE, Everett
(It's right off of the freeway)

Cost: \$35.00
(includes lunch and program binder)

REGISTRATION

Name: _____

(Please print clearly)

Phone: _____ Email: _____

Address: _____

(Note: Limited Class Size)

Mail check and registration to:
Frances Stewart, Greater Everett BPW
2602 Cadet Way, Everett WA 98208

For more information,
Phone Frances Stewart at 425-338-5298

TOPICS

BPW History
Parliamentary Procedures
Speech Development and Presentation

Prepare for Speak-off Presentations
BPW/WA State Conference
Yakima, May 22, 2010

(Please keep a copy for your records)

Individual Development Improves your:

- ◆ *Networking Skills*
- ◆ *Poise in Negotiations*
- ◆ *Leadership and Team Building*
- ◆ *Interviewing Skills*
- ◆ *Working with the Media*
- ◆ *Ability to Plan Effectively*
- ◆ *Understanding Group Dynamics*
- ◆ *Confidence in Public Speaking*
- ◆ *Dynamics of Debate*
- ◆ *Effectively Conducting Meetings*

Individual Development is for you!

Individual Development is much more than a business communications course. It introduces cutting edge skills needed for today's job market. It develops the confidence needed to ask for a raise, a new assignment, or a new job.

Individual Development promotes skills that will help you speak out on issues of importance at work or in the community. It is designed to encourage and develop leaders.

Individual Development puts you on your way to growth and leadership.

BPW/WA

is . . .

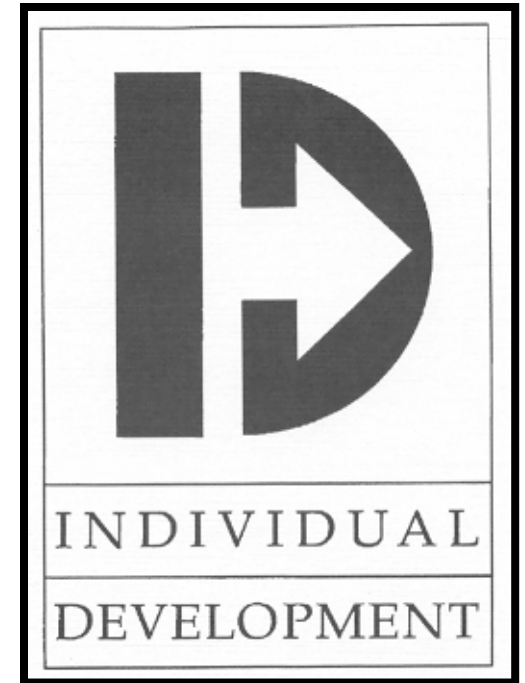
committed to promoting full participation, equity and economic self-sufficiency for working women.

The Individual Development program was originally instituted in 1968 by BPW/USA to help participants develop leadership skills while introducing them to BPW's mission, goals, programs, and issues.

The Individual Development program has been revised to meet the needs of today's working women, to take a broader approach in the areas that face women on a day-to-day basis in the workplace.

The Individual Development program is one way that BPW/WA helps working women, both members and nonmembers, acquire the skills they need to be active and progressive participants at work and in their communities, and to be able to speak effectively on issues that concern them.

The ID Program is a registered trademark owned by the BPW Foundation and is used under license.



**Your Key to Growth
and Leadership**



**Business and
Professional
Women/WA**