

Personal & Professional Development Programs

Personal and professional growth and development is the focus of all the programs I offer. Listed below is a sampling of some available programs. Custom-tailored programs and program/curriculum/training development services are also available. Please contact me for more information.

Designing Your Life™

Are you feeling restless? Are you dissatisfied with part or all of your current life? Are you confused or unsure about what you want to do or be next? Do you want more joy and fulfillment in your life? *Designing Your Life™* is designed with you in mind. This is a program for people who are looking for personal, professional, and/or spiritual growth and development – people who want to design, create, and live the life of their dreams. They are often people involved in career or life transitions. They are people of all ages and stages of life. *Designing Your Life: A Life/Work Empowerment Program*, a workbook based on this program, is available as a complement to this program. For more information, ask for our one-sheet, *About Designing Your Life*, or visit www.conniekomack.com.

Both the *Designing Your Life™* program and the workbook can be customized for use by schools, employment training programs, career counseling, personnel placement and outplacement companies, and other organizations. Contact me for more information.

Writing Your Life

This is a workshop for people who want to explore their lives through writing. Experiment with writing and telling your story in a number of ways, including through journal-writing, autobiography, memoir, personal essay, and poetry. Write your own story. And read and discuss examples of published works in these genres.

Balancing Your Life

Our lives are busier than ever. So many things tug at our time – family, friends, jobs, chores and errands, phone calls, email, junk mail, personal care, exercise, leisure activities, volunteer activities, and more. Creating a balanced life takes some doing these days. It requires attention and focus in order to prioritize our activities, manage our time, eliminate the clutter, and streamline and simplify our lives to make room for the things that matter most. In this workshop, take the time to begin creating your ideal life/work balance.

Developing Daily Success Practices

You have re-designed your life, you have planned your transition into your new future, and you have taken the first steps into your newly created ideal life. Now what? How do you stay on course, on target, on purpose? The secret is in developing and maintaining a set of success habits that you practice on a daily basis. Learn and use the key daily success practices that will support and sustain you as you begin to live the life of your dreams.

Speak Up! Speak Easy!

This is the course for anyone who has ever said, "I would rather die than stand up and speak to a group of people!" For some people, public speaking can be "a fate worse than death". For others, it is as exhilarating as sky-diving. For still others, it is a necessary part of a job. Have fun while learning the basics of public speaking in a relaxed and informal setting.

Living Together/Growing Together

Family time is at a premium these days. This is an interactive workshop series for families who want to learn and grow together, get along better, and spend some quality time together. Activities include: exploring family history, doing a creative project together, learning to understand each other and to communicate more effectively, developing family rules together, and just plain having fun together.

Retirement: The Best is Yet to Be!

We are living longer, healthier lives than ever before. Retiring at the age of 55 or 65 leaves us many years to explore new paths, learn new things, create masterpieces, and accomplish long-standing goals. Retirement takes more than financial planning. It takes life planning as well. It is never too late to start living the life of your dreams.

Women as Winners

Women **are** winners, but often we don't know it. In this interactive workshop, we will explore issues of personal power, assertiveness, communication, self-talk, self-image, self-esteem, leadership, creativity, self-reliance, and affirmation of self and others.

Creating a Values-Based Life

Values are at the core of a purposeful life. This interactive workshop provides an opportunity to explore, prioritize, and "own" your core values and to understand how they impact your life, work, relationships, health, financial well-being, lifestyle and more.

The Power of Thought – Limiting and Empowering Beliefs

Henry Ford is quoted as saying, "If you believe you can, or you believe you can't, you are probably right." Our beliefs are at the core of everything we think, say, do, or don't do. Our beliefs have incredible power over us. Some beliefs empower us to go forward, sometimes to overcome great difficulties, achieve great successes. Other beliefs hold us back, freeze us in a tug-of-war between success and failure, keep us losers or non-winners in the game of Life. In this interactive workshop, you will learn to uncover your core beliefs – positive and negative – to convert limiting beliefs into empowering beliefs, and to use your empowering beliefs to create success and joy in all aspects of your life.