Don’t miss this inspirational conference filled with breakthrough success strategies and insights for women of all ages!

THE Conference for Women

You’re invited to spend a day like no other

Developed by women who have discovered the keys to success, presented by women who will inspire and invigorate you—and designed with your success in mind.

- Assertiveness Skills
- Positive Self-esteem
- Conflict Management
- Communication Techniques
- And more!

Choose from among 10 incredibly enlightening sessions guaranteed to supply the tools you need ... give you the direction you're looking for ... and show you great new possibilities for your career and your life—and spark the passion to turn them into action.

Enroll online at www.skillpath.com or call 1-800-873-7545
Make this the year you embark on a future filled with professional success and achievement

Now, more than ever, you have unlimited potential when it comes to what you can achieve. All it takes is the right attitude, the right plan, the right opportunities and the right tools. Getting it “right” is exactly what this unique daylong event is all about. It’s specially designed to give you the powerful information and profound insights that will make a lasting, positive impact on your life.

You’re invited to join other professional women from your area to spend the day with some of the most inspiring people you’ll ever meet—your conference presenters. These highly experienced and acclaimed experts will move you to action in ways you’ll never forget.

This illuminating day is filled with 10 practical, idea-packed sessions. And between workshops, you’ll experience meaningful networking at its best. This winning combination delivers your money’s worth and more!

Just take a look at some of the things you’ll learn …

■ How to present your ideas to upper management, clients, co-workers, those you manage—anyone—in a way that gets attention and ensures buy-in and support
■ The real differences between how men and women communicate
■ Get rid of the passive, eradicate the aggressive and thrive with the assertive approach instead
■ 5 fears that keep women from confronting people who rub them the wrong way
■ 8 reasons to seek passion in your work and life
■ Tips on how to ask for things—a deadline extension, a raise, relief from an assignment—without being apologetic or defensive
■ How to uncover your anger triggers … and how to express anger productively
■ What hidden messages is your work environment sending? Here’s how to decode your décor and change it for the better
■ How to handle stressed-out people and difficult situations calmly and confidently
■ And so much more!

Consider this your personal invitation to The Conference for Women. You won’t see it marketed in newspapers or by radio. That means the registration information contained here is your way in the door. So read it and register promptly.

This exciting conference among professionals and your peers will give you dozens of new ideas and action plans to boost your career, your attitude and your life. You’ll leave passionate and eager to reach your greatest potential … we guarantee it.

Don’t miss this opportunity. We’ll see you there!

Enroll online at www.skillpath.com or call 1-800-873-7545
Conference at a Glance

Design your day to meet your unique needs. We’ve packed a lot of information into just one day … so feel free to move in and out of these two tracks and 10 dynamic sessions. It’s your conference—don’t miss a thing!

Enroll online at www.skillpath.com or call 1-800-873-7545

<table>
<thead>
<tr>
<th>Track One: Professional Growth and Development</th>
</tr>
</thead>
</table>

- **How to communicate like a pro**
  Verbal and written skills that convey power, confidence and authority

- **Conflict management skills especially for women**
  How to keep your cool, stand your ground and positively resolve conflict

- **A brand-new you … assertiveness skills that lead to success**
  Ask for—and get—what you want

- **Learning to lead**
  Cultivate your untapped potential

- **How to keep difficult people from ruining your day**
  Take charge of difficult situations and impossible people

<table>
<thead>
<tr>
<th>Track Two: Developing Your Inner Power</th>
</tr>
</thead>
</table>

- **Are you doing what you love—or even loving what you’re doing?**
  You CAN develop a passion for your work!

- **How to say the right thing in tough situations**
  Tips and techniques for navigating delicate interactions like a pro

- **Keep your emotions from running the show**
  Maintain your composure in every stressful situation

- **Personalize your work space to feed your spirit**
  Simple feng shui techniques that will enhance your office, cubicle or desk … and inspire you to do your very best

- **Presenting yourself as a woman who’s going places**
  Super strategies for creating a powerful, positive image

### Opening session: Life lessons from 5 unstoppable women

9:00 – 9:35 a.m.  
Inspirational ideas and wisdom on how to overcome adversity, bounce back powerfully and be a super success

| Session 1
9:50 – 10:40 a.m. |
|-------------------|
| Session 2
10:55 – 11:45 a.m. |
| Lunch (on your own)
11:45 a.m. – 1:00 p.m. |
| Session 3
1:00 – 1:50 p.m. |
| Break
1:50 – 2:05 p.m. |
| Session 4
2:05 – 2:55 p.m. |
| Break
2:55 – 3:10 p.m. |
| Session 5
3:10 – 4:00 p.m. |

| Break
9:35 – 9:50 a.m. |
How to communicate like a pro
How clearly you communicate your thoughts and ideas is at the very heart of your professional success. In this session, you'll learn tips for communicating with professionalism and polish every time you put your thoughts into words.

- Tips for delivering confident, powerful and persuasive presentations—one-on-one or in any group situation
- How to correctly use assertive language and mannerisms that send a message of power, confidence and authority
- Discover the most common communication pitfalls—and how to sidestep them

Conflict management skills especially for women
Whether you're faced with long-simmering conflicts, down-and-dirty disagreements or off-the-chart emotional outbursts, this session can steer you toward increased harmony, shared enthusiasm for resolution and impressively improved productivity.

- The 6-step approach to win-win conflict resolution
- Expressing yourself without accusation, sarcasm or hostility
- A 4-step approach to delivering feedback that's specific and nonaccusatory and gets results
- How to handle rejection and still feel good about yourself

Are you doing what you love—or even loving what you’re doing?
It’s important to be satisfied with your work, particularly since that’s where so much of your time is spent. Learn how to transform the way you view your 9 to 5 life, use goals to ignite new energy, find the thrill in change and get many other useful tips for making the work you do the work you love.

- How to find out what’s really important to you
- Proven ways to bring more value to your present position
- Answering the Big One: Am I living the way I want to live?
- Regain your passion for your work and see yourself thrive

How to say the right thing in tough situations
Have you ever wondered how some people seem to sail through difficult situations with ease? Here’s your chance to learn the simple techniques and attitude adjustments to be able to approach even the most complicated conversations with confidence.

- The secret to dealing with people directly, honestly and on equal footing
- The 5 Golden Rules for having conversations turn out the way you want
- No more conversational cul-de-sacs or wrong turns! How to plan your interactions in advance so you won’t get sidetracked
A brand-new you … assertiveness skills that lead to success

Is it ever hard to say “No” or turn down a request? Are you nice—too nice for your own good? Stop holding yourself back! Learn how to become more assertive, change your style and image and get ahead.

- 5 strategies for turning indecisiveness into assertive action
- Eliminating behaviors that label you “weak” and “hesitant”
- When the word is “No”—here’s how to say it and mean it without hurt feelings and misunderstandings
- Asserting yourself with those especially challenging personalities

Learning to lead

Wherever you are on the leadership ladder, this thought-provoking session will help you cultivate the characteristics, skills and vision you need to be in charge—and succeed. You’ll discover the importance of delegating, facing challenges head-on, planning for the long term and more.

- What a leader is … and isn’t
- 5 inevitable leadership challenges and how to overcome them
- How leaders delegate and multiply their impact
- How to see long-term—and put your vision into a plan

How to keep difficult people from ruining your day

Women who develop the ability to deal with difficult people enjoy a true advantage in today’s workplace. In this session, you’ll discover how to take charge of each trying situation and neutralize the impact difficult personalities have on your life and sanity.

- You can express anger in healthy, constructive ways—this can actually help resolve the conflict
- Great insight into mending relationships you thought were permanently damaged
- 6 reliable techniques for keeping your cool no matter how heated the situation
- How to manage the anxiety that goes hand in hand with difficult encounters

Keep your emotions from running the show

In this session, you’ll learn how successful women manage to experience the full range of emotions without being taken over by them and how you can put their strategies and techniques to use in your own life.

- How to overcome your “fear of foolishness” and loosen up a little
- Have you tried this? Unusual—but effective—ways to manage stress and beat the blues
- Exercise your humor muscle! Learn how to use levity to cope with problems and make yourself feel good
- The 6 Golden Rules for maintaining emotional control

Personalize your work space to feed your spirit

Are your surroundings at work distracting and draining … or inspiring and energizing? In this session, you’ll learn how to give your office a makeover with feng shui, the ancient Chinese art (and very popular method) of creating ideal environments for human beings.

- Creative ideas for personalizing your space in a way that makes you feel good as soon as you step in the door
- How the placement of items on your desk can affect your mood and ability to get things done
- How color, furniture placement, greenery and lighting can affect your vitality and enthusiasm

Presenting yourself as a woman who’s going places

A professional image is vital to getting ahead in your career. More than sporting a crisp business suit and matching heels, a positive professional image also means carrying yourself credibly and confidently and being absolutely sure about what you say and do.

- Why your personal appearance plays an important role in whether you’re taken seriously at what you do
- How to foster an appearance that shows you’re in command, yet approachable
- Are you guilty of these credibility busters? Learn which mannerisms, gestures and speech habits you should avoid at all costs

Enroll online at www.skillpath.com or call 1-800-873-7545
It’s easy to enroll!

**By phone:** 1-800-873-7545

**Online:** [www.skillpath.com](http://www.skillpath.com)

**By email:** enroll@skillpath.com

**By fax:** 1-913-362-4241

**By mail:** SkillPath Seminars
P.O. Box 804441
Kansas City, MO 64180-4441

When enrolling, please include: Name and mailing address, session you wish to attend, your VIP number as it appears on your mailing label, approving manager and billing information.

**Cancellations and substitutions.** Cancellations received up to five working days before the conference are refundable, minus a $10 registration service charge. After that, cancellations are subject to the entire conference fee, which you may apply toward a future conference. Please note that if you don’t cancel and don’t attend, you are still responsible for payment. Substitutions may be made at any time.

“I liked the idea of being able to choose different topics that interested me. It helped keep the conference interesting. With such a good variety, I was able to choose the topics that applied best to me.”

– Kim Carrington

“The Conference for Women covered a vast area of the needs women are facing today. I left encouraged, motivated and informed. The instructors were great.”

– Valorie Robertson

“I found so much insight and helpful knowledge in today’s workshop. I think there should definitely be more resources like this available for professional women!”

– Krystal McPhaul

“This conference helped get me back on track with goals and things that I have wanted to do. Excellent!”

– Christine Olson

“It was good to hear that other women have the same challenges in their lives and to learn the real, concrete ways to handle them.”

– Barbara Lewis

“I strongly recommend this conference to any woman who wants to see who she is and what she is worth! Fantastic!”

– Katrina K. Volman

Enroll online at [www.skillpath.com](http://www.skillpath.com) or call 1-800-873-7545
5 More Benefits of Attending

1. Never be at a loss for words again—no matter how awkward or tough the situation! No need to feel tongue-tied or flustered ever again, now that you’ll have these no-fail techniques and tips for managing even the most challenging people and encounters.

2. Feng shui your way to greater vitality—and better results—by creating a work space that inspires and supports you. Learn the secrets to feng shui—the ancient Chinese art of creating beautiful and energizing environments. It’s a simple way to charge your creative batteries, enhance your mood at work and produce more than ever.

3. Have more fun at work! (It’s not only possible; your boss will thank you for it.) Lighten up! In this conference, you’ll find out how important it is to incorporate a light attitude and laughter into your workday, and come away with some great ideas for being more excited and passionate about your job.

4. Increase your ability to say “No” when that’s the right answer … and say “Yes” powerfully when it counts! It’s an age-old issue for women: Saying “Yes” to things when we really want to say “No.” Don’t miss these change-your-life strategies for getting clear on what you want … communicating with ease and power when others make requests of you … and reaching agreements where everyone wins.

5. Get the secrets to presenting an image that will help you rise through the ranks and shine. Like it or not, it’s the woman who walks and talks like a winner who usually wins up with the prize. In this conference, you’ll discover things you can do right now to make sure the image you project is one that will allow you to get what you want and get ahead.

Continuing Education Credit: SkillPath offers Continuing Education Credits based on program length and completion in accordance with the National Task Force for Continuing Education guidelines for attendance at our seminars (save this brochure and your Certificate of Attendance). Our courses may also qualify for other continuing education credits based on the content and specific credit hours awarded for each topic. Please contact your professional licensing board or organization to verify specific requirements. You may also contact us at 1-800-873-7545 for additional assistance. This course qualifies for 5.5 contact hours.

Does your organization need training on-site?

We can deliver this conference right to your company’s door or provide customized, you-pick-the-day training on any program pertinent to your organization’s training goals. Or let our staff of professional trainers add sparkle to your next corporate or association meeting with a stimulating keynote speech designed just for you. Whether you have 3 or 300 people to train, SkillPath is the answer. For complete details and a no-obligation quote, call 1-800-873-7545 and ask for the on-site training department.

No-limit access to live seminars, Webinars and on-demand content

For one low annual fee, STAR12 subscribers get UNLIMITED seminar and Webinar attendance + 24/7 access to online training and professional learning tools. Boosting your professional growth has never been easier—and the value is unbeatable! Corporate pricing available. Sign up today at skillpath.com/STAR12 or call 1-800-873-7545.

Your satisfaction guaranteed!

Your complete satisfaction is important to us. If you’re dissatisfied for any reason, let us know right away—we’ll issue you a refund or arrange for you to attend another SkillPath program. It’s that simple.
You’re invited to spend a day like no other

THE

Conference for

Women

Don’t miss this inspirational conference filled with breakthrough success strategies and insights for women of all ages!

Enroll online at www.skillpath.com or call 1-800-873-7545