

# MAINE SUPPORT NETWORK

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please email [office@mainesupportnetwork.org](mailto:office@mainesupportnetwork.org) or call (207) 685-3171.*

## Adjust, Re-adjust: The Geography of Balance Webinar

April 14, 2010 (Registration Deadline: April 7, 2010)

4:00 - 5:30 p.m. (Join us at 3:45 if you want TA on how to use Adobe tools in the session.)

Have you been wondering how to create more balance in your life? If the answer is yes, join your colleagues for this 90-minute webinar designed to guide you through a process to do just that! Carol and Corda will facilitate this lively and valuable session. You will leave with tools, a personal goal, and several strategies for moving toward your preferred future.

Note: Instructions for logging in for the webinar will be provided in your registration confirmation.

**Outcomes:** By the end of this session success will look, sound, and feel like:

- ♥ An understanding of the co-active coaching model.
- ♥ A personal definition of balance
- ♥ Deepening your understanding of the balance you seek in your life;
- ♥ Exploring and experiencing strategies that foster balance;
- ♥ Setting your own SMART goal to bring more balance to your life;
- ♥ Renewed, re-energized, and revitalized from sharing a learning experience

**Presenters:** Carol Carriuolo, M.S.Ed., CPCC, has a deep commitment to assisting individuals, organizations, and groups in realizing their dreams. She has helped launch and support many programs that continue to provide services, educational opportunities, and benefits to their communities. She coaches individuals and teams to lead with passion and fulfillment. Currently she consults with nonprofit leaders, innovators, and educators that are seeking assistance with strategic planning, board development, leadership, sustainability, vibrancy, and aligning with their vision.

Corda Ladd Kinzie is an educational consultant to teams, teachers, schools, school committees, districts, and businesses. Facilitating the change process with care, thought, and purpose is her mission. She is a seminar/workshop leader who uses a balance of "hands-on/heads-on" experience and theory. Corda's areas of expertise include multiple intelligences theory, brain-based education, inclusion, the change process, strategies for teaching all students, social skills, team development, parent/professional relationships, Maine's Learning Results, and cooperative learning.

**Workshop fee** of \$10.00 which will be contributed to Journeys for Women, a Maine Support Network initiative ([www.journeysforwomen.org](http://www.journeysforwomen.org)), includes a free 30-minute life coaching session plus session handouts.

**1.5 Clock Hours** will be awarded.

**Co-sponsors:** Maine Support Network, Journeys for Women, and Paddling the Rapids. not CEC?

**On-line facilitator:** Corda Ladd Kinzie, central/coastal regional facilitator.

**This workshop is designed for** anyone looking for more balance in their life.



**KATHRYN F. MARKOVCHICK, EXECUTIVE DIRECTOR**

P.O. Box 390, 8 Church Road, Readfield, ME 04355

1.866.291.0004 [office@mainesupportnetwork.org](mailto:office@mainesupportnetwork.org)

[www.mainesupportnetwork.org](http://www.mainesupportnetwork.org)

**CELEBRATING AND SUPPORTING MAINE LEARNING COMMUNITIES**

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We realize that some employers require you to get a purchase order before registering for workshops or conferences and that this process can be time-consuming. It is our practice to cancel workshops one week out if we don't have enough registrants. Please let us know if you intend to register by emailing [joyce@mainesupportnetwork.org](mailto:joyce@mainesupportnetwork.org) so that we can gauge the amount of interest in a given workshop. (Please note that you will still have to register as usual as soon as you have permission to do so.)

NOTICE: Please read our Conference and Workshop Policies on our website at [www.mainesupportnetwork.org/paymentpolicy.htm](http://www.mainesupportnetwork.org/paymentpolicy.htm) before completing this registration form. Receipt of your registration will be considered confirmation that you agree to adhere to our policies.

**Please fill in the form below completely.**

Participant Name: \_\_\_\_\_

School District: \_\_\_\_\_ School Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

School Phone: \_\_\_\_\_ Home Phone: \_\_\_\_\_ Grade Level: \_\_\_\_\_

Position: \_\_\_\_\_ Email address: \_\_\_\_\_

Confirmations and cancellations will be made by email so please print address clearly.

Cash: \_\_\_\_\_ Check No: \_\_\_\_\_ PO: \_\_\_\_\_

Visa \_\_\_\_\_ MC \_\_\_\_\_ CC# \_\_\_\_\_

Expiration: \_\_\_\_\_ Signature: \_\_\_\_\_

Register online at <http://calendar.mainesupportnetwork.org>, fax to (207) 226-2300, or mail the attached registration form with payment to: Maine Support Network - P.O. Box 390 - Readfield, Maine 04355. Email [office@mainesupportnetwork.org](mailto:office@mainesupportnetwork.org), or call 207 685-3171 with questions.

The Network provides reasonable accommodations to individuals with disabilities upon request. The Maine Support Network does not discriminate on the grounds of race, color, religion, sex, sexual orientation, national origin or citizenship status, age, disability, or veteran status in employment or education. Pursuant to the Americans with Disabilities Act, if you require any specific aids or services, or material in a different format, please email [office@mainesupportnetwork.org](mailto:office@mainesupportnetwork.org) with special considerations requests.