



MAINE SUPPORT NETWORK

(A Division of Syntiro)

If you need this document in a different format please email office@mainesupportnetwork.org or call (207) 685-3171.

Adjust, Re-adjust: The Geography of Balance Webinar

October 5, 2010 - 4:00 P.M. – 5:30 P.M.

Join us at 3:45 if you want TA on how to use Adobe tools in the session

- Summer gives us an opportunity to create some space in our lives. We give ourselves permission to do self-care that is renewing.
- Have you been wondering how maintain that focus and to create more balance in your life as you move back into the ever busy schedule of 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:

- ♥ 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.
- ♥ An understanding of the benefits of coaching.

Carol Carrioulo, 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 learning, inclusion, the change process, strategies for teaching all students, social skills, team development, parent/professional relationships, Celebratory Learning, and Life and Professional Coaching.

Workshop fee of \$15.00, 100% of which will be contributed to Journeys for Women, a Syntiro initiative (www.journeysforwomen.org), this includes a free 30-minute life coaching session (scheduled at your convenience) plus session handouts. You will be expected to pay if you do not attend and cannot provide printed confirmation of your cancellation. If you are a full-time student enrolled in an education degree program, contact us about additional discounts.

1.5 Clock Hours will be awarded.

Co-sponsors: Maine Support Network (a division of Syntiro), Journey's For Women (a division of Syntiro), and Paddling The Rapids.

On-site facilitator: Corda Ladd Kinzie

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

KATHRYN F. MARKOVCHICK, EXECUTIVE DIRECTOR

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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 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 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.

Check No: _____ PO: _____ Please call the office if you wish to pay by credit card.

Register online at <http://calendar.mainesupportnetwork.org> (\$5.00 discount applied).

Fax registrations to (207) 226-2300.

Mail to Maine Support Network, P.O. Box 390, Readfield, Maine 04355.

Email 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 with special considerations requests.

