

"Did I just say that"?

# Get a Grip!

## Stress ~ Communication ~ Conflict

"That's not me at all".

Can you recall moments of your life, perhaps during times of stress, anxiety, illness or change that you said or did something that was completely out of character for you. When we are "in the grip" of a personal or professional stressful experience, the inferior parts of our personality tend to take over and can often make a bad situation worse.

This two-day workshop series, with *Melinda Velasquez from Productive Insights Training & Consulting* and *Sharona Es from Pegaphinz Facilitation & Coaching*, will help to enhance your self-awareness and increase your capacity for tolerance for yourself and others, especially while "in the grip"!

### Workshop Time & Location:

Doubletree Hotel, Sonoma Wine Country  
One Doubletree Drive, Rohnert Park, Ca.

**Friday, June 4, 2010 from 9 a.m. to 3 p.m. &  
Friday, June 11, 2010 from 9 a.m. to 3 p.m.**

### Who Should Attend?

- ✓ Anyone that is tired of letting stress get the best of them in their work or personal life
- ✓ People that would like to improve their communication & conflict management skills
- ✓ Those who have no experience with the Myers-Briggs Personality Type Indicator, as well as those who know their type & would like to learn more about themselves & others

### Pricing Options

*Registration before May 28, 2010*

Individual Registration                      \$375.00  
Bring a friend Discount                      \$350.00 each  
*One payment required to receive friend discount*

*Registration between May 29- June 1, 2010*

Late Registration                              \$400.00 each

### Workshop Features

#### Day 1

*Prior to the workshop, you will be emailed a link with instructions for a 25-35 minute on-line assessment*

- In-depth, 18 page Myers-Briggs Type Indicator (MBTI®) Step II™ Interpretive Report & brief overview of MBTI®
- Explore the different facets that make you an individual within your Myers-Briggs type
- Identify tactics to improve the ways in which we take in information in Verbal, Non-verbal & Written forms

#### Day 2

- Type & Stress; Energizers, Stressors Resources & Remedies
  - Type & Conflict; Strategies for successful conflict management & resolution
- Light breakfast, snacks & beverages provided both days, with lunch on your own*

***Space is limited, register today!***

To Register, or for more information, go to:  
**[www.productiveinsights.org](http://www.productiveinsights.org)**  
(Click on Workshops & Events)

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