

PEP Courses

The Women of Today have many Personal Enrichment Programs to help your chapter members to learn and grow. Here are the courses, I hope you can choose one or two to present to your chapter.

Financial Management

A program to help you examine your attitudes about money and make you aware of the impact your attitudes has on your financial health. This course will also help you understand the importance of setting goals and defining financial goals for yourself.

Time Management

Includes: Where am I? Where am I going? How do I get there? And Action! The program will give you the opportunity to realize that getting organized does not mean becoming a rigid, inflexible person, but instead does mean being open to others and thinking bigger ideas.

Personality

This course was designed to help you understand and work with people. It includes information as well as exercises to help you learn and better develop human relation skills.

Leadership/Team Building

Team building is the responsibility of all team members. You will look at teams, how they operate, the key concepts involved in building effective teams and skills, which can be developed to aid a leader in their role.

Stress Management

This course was designed to serve as a guide for people to learn more about the causes of stress and ways to successfully manage stress. You will look at what causes stress in your life and ways to make a permanent change.

Communications

Designed to help individuals recognize the good or not so good communication skills they may possess. Through games, exercises and listening, you will learn more about your own communication abilities.

Motivation

The key to a healthy organization, whether volunteer or not, is the ability of the leader to successfully motivate the members. This will bring your members together and educate them about motivating themselves and others.

Self-Esteem Video Series

Created to help build self worth and confidence. Contains exercises to help you achieve new skills and personal growth.

Conversation Power in Action

Will give you the basic tools to use in either social or business situations. You will also learn “tricks” to become a better public speaker. Along with the video, there are three interactive exercises that will help you practice what you learned.

FISH

Catch the Energy & Release the Potential! FISH! Is about having fun, enjoying you, being spontaneous and creative. It’s about doing something special for your members and community. FISH! Teaches about being totally focused on the moment and on the person or task with which you are engaged. It is about accepting full responsibility for all of our choices, even our attitude about volunteerism.

Change

This video course is to help our members accept and cope with change. This will give the members the tools to learn to accept change, cope with change and realize the consequences of resisting change. Along with the video there are exercises to learn about our behavior toward change and why we may need to adjust our attitude toward change.

How to Be a Winner (to be released in 2004)

This video course is to help the members take a brief glimpse at the person inside. The objectives of this class are to teach you how to change a bad habit, train you to assess your own attitudes and help you to identify qualities of a successful person. There are also exercises on goal setting, defining values, self-reflection and finding a more capable person within.