

Lunch & Learn Workshops 2019

Date	Topic	Description	Facilitator
January 30, 2019 11:30am-1:00pm	Understanding Personality at a deeper level, and how it relates to improving your network, career and life in the new year.	It's a new year and we all want to be our best selves 2019. This session will allow you to understand your personality (as well as others') at a deeper level so that you can build better relationships in all areas of your life.	Janet Kendall White, CPC, SHRM-SCP CEO Berkshire Group, Inc. www.berkshire-leadership.com
February 27, 2019 11:30am-1:00pm	Launching a Side Hustle; Finding fulfillment by tapping into your inner entrepreneur	More than 44 million Americans have a side hustle that allows them to turn their passion into profit. In this session you will learn how to launch a side hustle from a successful side hustler turned full time entrepreneur. Whether you'd like to side hustle for fulfillment or extra income, we'll discuss best practices of becoming part of the "gig economy".	Sarah Eppink Principal & Founder Aisling Group LLC aislinggroupllc.com
March 27, 2019 11:30am-1:00pm	Keep Calm and Stress Less <i>Stress is a natural and inevitable part of life. But how do you manage it?</i>	Chronic stress can take a toll on your health and mental well-being. Learning how to be resilient, stay calm and effectively deal with stress can help you become more productive, happy, and healthy. In this workshop, you'll learn how to recognize your stress triggers and learn techniques you can use to manage stressors at home and in the workplace.	David Phillips, CCEP, MEd, BBA CEO Energetic Awakenings www.energeticawakenings.com
April 24, 2019 11:30am-1:00pm	When Your Head Is In The Way Of Your Feet <i>Growing Your Confidence & Other Ways To Stop Frustrating Your Own Success Story</i>	That's not "woo-woo" talk, touchy-feely, or magical thinking. It's simple science. Yet, most people don't fully understand their own power to create what they want (and even what they don't want). In this program, Damaris Patterson Price helps you determine if what's in your head is helping or hurting you get what you want at work.	Damaris Patterson Price Principal & Founder Working River Leadership Consulting www.workingriver.com
May 22, 2019 11:30am-1:00pm	What the Promotable Know <i>5 Ways To Fast Track What's Next At Work Right Now</i>	The Chosen get chosen for a reason. But it's not just luck or magic. And most of the time, it's not even politics. So what is it? In this program, Damaris Patterson Price will uncover 5 things the most promotable employees know and do to attract opportunities so that you can too.	Damaris Patterson Price Principal & Founder Working River Leadership Consulting www.workingriver.com
June 19, 2019 11:30am-1:00pm	Stay WOKE! Level Up Your Life <i>Learn how to utilize social and emotional learning strategies to create and engage in your own process for walking in greater awareness.</i>	If you just want to survive this is not the workshop for you. Continual intentional focus on your own development is key if you ever want to thrive and go to greater heights in life. The ability to be your best self directly impacts how you level up. In this workshop you will begin to define your best self, learn how to utilize social and emotional learning strategies to create and engage in your own process for walking in greater awareness and how to best manage the most important person in your life - YOU.	Stacy Ward-Braxton Chief Engagement & Learning Officer The Significance Group https://www.linkedin.com/in/stacywardbraxton/

All YWCA Lunch & Learn workshops are held at the **YWCA Greater Cleveland: [4019 Prospect Ave., Cleveland OH 44103](https://www.ywca.org/locations/greater-cleveland)** There is plenty of free parking in the lot next to the building.