

REGISTRATION FORM

- \$15.00 each
- \$12.00 each if bringing 2 or more guests
(DISCOUNT CODE: TWO OR MORE)

- November 3rd [8751] - **Time Management**
- December 15th [8752] - **Stress Management**
- February 16th [8753] - **SMART® Boards for Your Business**
- March 8th [8754] - **Love & Logic® Parenting**
- April 12th [8755] - **iPad/iPod Apps for Business**
- May 10th [8756] - **Highly Effective People**

\$ _____ **TOTAL PAYMENT** (Payment confirms registration)

Name: _____

Employer: _____

Building Address: _____

City/State/Zip: _____

Home Address: _____

City/State/Zip: _____

Day Phone: _____

Home Phone: _____

Fax: _____

Work E-mail address: _____

Home E-mail address: _____

Check enclosed _____ Purchase Order # _____

Credit Card:# _____ Exp. _____

Visa Master Card Discover American Express

Signature: _____

Send registration form(s) and check(s) made payable to:

Resource Training & Solutions

P.O. Box 1576, St. Cloud, MN 56302

Fax# (320) 255-2998

Attention: Susan Brix

CANCELLATIONS AND REFUNDS: Cancellations and Refunds: Cancellations shall be accepted for a full refund up to 5 business days before the first day of the class. Cancellations made within 48 hours of the first day of class shall forfeit 50% of the course registration fee. No refunds shall be issued 48 hours before the start of the class. Refund requests must be made within one month of the class. ADA Accommodations: Call (320)255-3236.

At Resource Training & Solutions, our mission is to build meaningful relationships that enrich our members and equip them with tools for success. To support our mission, pictures are taken at events sponsored or hosted by Resource. These pictures could be used in our communication pieces, such as The Communicator and Resource Update Newsletters, or our website. Please know that when attending an event, you may be included in some of the pictures taken. Any pictures taken will not be edited or altered. If you do not wish to be included in photos, please let the coordinator know at the registration desk on the day of your event. We will make an effort to try and exclude you from pictures taken.

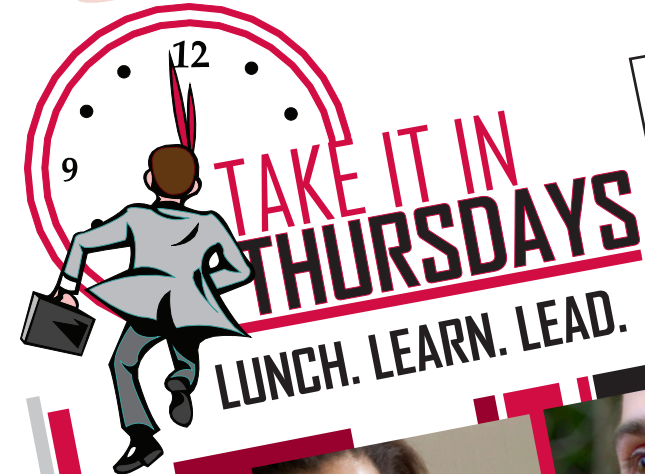
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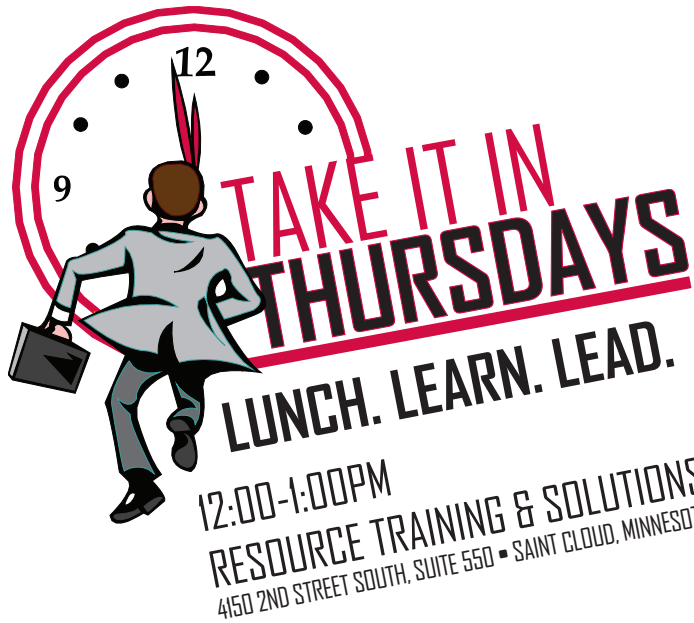


PROFESSIONAL
DEVELOPMENT
FOR BUSY
PROFESSIONALS



SERVING OUR MEMBERS

Adding value... Maximizing resources



PROFESSIONAL DEVELOPMENT FOR BUSY PROFESSIONALS

TAKE IT IN THURSDAYS includes dynamite presentations on important topics affecting your work day. Each presentation is from 12:00-1:00pm and includes lunch and materials.

Visit www.resourcetraining.com or call (320) 255-3236 for information on each session or to register.



UPCOMING SESSIONS OPEN TO THE COMMUNITY

NOVEMBER 3RD [8751]

TIME MANAGEMENT - Dr. Robert Cavanna
Are you always frustrated not completing your long daily "to do" lists? Do you want to learn how to better organize yourself, your daily work and even your personal life? You will be given a system for prioritizing your daily tasks and for differentiating between important and urgent.

YOUR SPEAKER
Rob Cavanna is a Franklin Covey certified trainer and an experienced facilitator for over 20 years. He has helped countless individuals realize their potential and be even more successful in all their endeavors.

DECEMBER 15TH [8752]

STRESS RELIEF: WEIGHING IN ON BALANCE- Martha Roth
In the rush of your life of service at work and home, things can get off kilter. Take time to slow down to learn how your awareness, action and attitude can affect your life. Come to this seminar to learn more about:

Awareness: What are your body distress signals?
Action: Brush up on good-for-you lifestyle actions that can help you reduce stressors and enjoy life more fully.

Attitude: Life is not a rehearsal. Live it as best you can.

FEBRUARY 16TH [8753]

SMART® BOARDS FOR YOUR BUSINESS - Anthony Farag
Learn how this unique piece of technology can give your organization a "leg up" on innovative practices, improved communications and a learning tool for your employees.

YOUR SPEAKER
Anthony Farag has been a certified SMART Board trainer for several years. He has taught hundreds of people in central Minnesota how to use this interactive whiteboard to create more dynamic presentations. Additionally, with his experience he brings to light extra capabilities of the SMART Board not found in learning manuals.

MARCH 8TH [8754]

LOVE & LOGIC® PARENTING
Peg Imholte
Learn how to strengthen your parenting and grandparenting skills through this child rearing system. You'll learn how to set limits with enforceable statements and guide your child to solve problems on their own.

APRIL 12TH [8755]

IPAD/IPOD APPS FOR BUSINESS - Anthony Farag
Learn how to use the iPad and iPod and to utilize applications which will help you work smarter and faster. You'll learn how to just begin to appreciate and capitalize on the potential of this new technology.

Anthony Farag is an experienced trainer with Resource Training & Solutions on several topics. He now brings that expertise in demonstrating the practical use of the iPad. He will cover the iPad for the beginning user. This session will get you started on tapping the potential of this exciting new device.

MAY 10TH [8756]

HIGHLY EFFECTIVE PEOPLE - Dr. Robert Cavanna
Everyone wants to be effective at work and at home. Learn how to live up to your potential, build meaningful relationships, communicate better and be more proactive in all your interactions with people.

YOUR SPEAKER
Rob Cavanna is a Franklin Covey certified trainer and an experienced facilitator for over 20 years. He has helped countless individuals realize their potential and be even more successful in all their endeavors.

\$15

INCLUDES LUNCH

DISCOUNT 2 or more guests:

\$12 EACH

ENTER CODE: TWO OR MORE

THURSDAYS 12:00-1:00pm

www.resourcetraining.com