



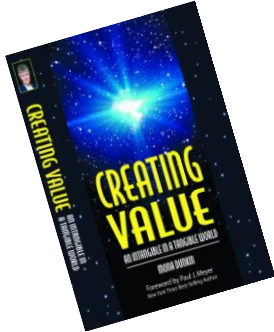
2008 Saturday Seminars

TIME: 9AM until Noon (8:30 registration)

COST: \$30.00 for adults (down from \$40.00 in the Spring)
\$15.00 for students (down from \$20.00 in the Spring)

WHERE: Bosqueville United Methodist Church 754-8444
7327 Rock Creek Road, Bosqueville, TX 76707

REGISTER: Mona Dunkin 254-749-6594 or 749-6613



Mona's book, *Creating Value, an Intangible in a Tangible World*, will be available to seminar participants for a discounted price of \$5.00 (retails for \$15.00).

OCTOBER 11: DEALING WITH DIFFICULT PEOPLE (whether you know one or are one) Learn personality types and how to adjust your style to better communicate. Develop a deeper understanding of you and discover what pushes your “buttons”. Explore eight steps to healthy confrontation that brings resolve. See how to develop critical thinking skills and to express them without being “critical.” See difficult people as opportunities for self-improvement.

OCTOBER 25: ASSERTIVE TRAINING Assertiveness is the ability to express your thoughts and feelings in a socially acceptable manner. Assertive behavior is to act in your own best interest, without undue anxiety, and without denying the needs of others. It is easy to learn and apply and makes you more effective in personal interactions.

NOVEMBER 1: ANGER RESOLUTION Anger is an emotion common to all and can be productive or destructive. Discover seven causes for anger, the underlying reasons, and steps for resolution. Obtain tools to be pro-active in the overall management of your life. Become equipped to take effective control of your temperament and build relationships.

NOVEMBER 15: COMMON SENSE PARENTING Parenting is one of the greatest fulfillment of life and also the most challenging. Get a renewed insight into the value of children. Learn positive ways to encourage your child. See the pay-offs of misbehavior and how to develop preventative discipline. Obtain tools to make child rearing a joy.

CALL IMMEDIATELY TO REGISTER 254-749-6594