

PERSONAL DEVELOPMENT



Women & Money Conference

Join women throughout southeast Nebraska to discover the keys to increasing their financial literacy. Learn valuable lessons and tips from the experts on budgeting, savings, credit and investing that can help you now and in the future. Register now...space is limited for this informative and useful conference.

Continental breakfast and lunch are included in tuition. This event is sponsored by the Friends of the Mayor's Commission on Women, Lincoln Benefit Life and SCC.

Course Number: LLLX-0446		Tuition: \$25				
Sec	Start	End	Day	Time	Room	Inst
CEUA	Aug 21	Aug 21	S	9 am-1 pm	CEC,302	Staff

Meditation & Relaxation

Meditation is helpful to all people who wish to know themselves better and who wish to live a more peaceful life. It also is helpful in stress management and relaxation. Join us as we explore the world of meditation.

Bring to class a small pillow and bath towel or mat.

Course Number: LLLX-1920		Tuition: \$49				
Sec	Start	End	Day	Time	Room	Inst
LNUA	July 17	Aug 28	S	10:30-11:30 am	SCC,U-10	Marsh

Healing After Loss

At some point in our lives, everyone suffers loss—some more than others—yet few of us are prepared for the anguish, the sense of aloneness, and the overwhelming feeling of devastation that follows. Loss can take place in many forms: death of a child, a parent, a spouse, a close friend or relative; loss of positive childhood experiences; loss of a pregnancy; loss of career and means of support; loss of a close relationship; global loss; loss of what it means to be happy. We can heal from loss far more effectively than we are led to believe. First we have to make a decision to heal. His special session will teach you several ways to deal with the emotions and feelings that are keeping you from living a fulfilling life.



Course Number: LLLX-0448		Tuition: \$25				
Sec	Start	End	Day	Time	Room	Inst
CEUA	Aug 2	Aug 2	M	6:30-8:30 pm	CEC,405	Cashell

Emotional Leadership

Great leaders get great results; without dynamic leadership, organizations will not grow and succeed. Today's workforce responds to leadership that follows a coaching or mentoring model; gone is yesterday's top-down managerial hierarchy. Today's successful leaders work with their teams to provide vision and to set goals, as well as to encourage involvement and accountability. In this special session, you will learn how to:

- Interpret the organizational vision for your team and communicate that vision in a way that motivates action.
- Examine the culture of those you lead and structure them in a way that maximizes their involvement.
- Employ strategies that will enable your team to take a proactive approach toward change.
- Identify the specific leadership values and behaviors that will contribute to your success as a leader.
- Implement your own action plan so that your vision, goals and leadership development complement one another.

Course Number: LLLX-0447		Tuition: \$35				
Sec	Start	End	Day	Time	Room	Inst
CEUA	Aug 4	Aug 4	W	6-9 pm	CEC,404	Cashell

Are You Talented, Successful & Exhausted?



Life can be a balancing act and at times it is difficult to prioritize what is really important to you. attend this workshop and discover how to:

- Direct and focus your time and energy on what has real meaning for you
- Focus on what is proactive and optimistic
- Ask for support when needed
- Open yourself up to new possibilities
- Shift from problems to solutions

Course Number: LLLX-0449		Tuition: \$30				
Sec	Start	End	Day			
CEUA	July 19	July 26	M			
	Time	Room	Inst			
	6:30-8 pm	CEC,405	Thaller			

Register Today

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Click the Continuing Education bar to get started.**