



**Continuing Educational Credits
Personal Effectiveness Seminar
Core Seminar Series-First Step**

Wings Seminars

Description: Focuses on self awareness and self acceptance-the building blocks of personal effectiveness.

Teaches the behaviors that create success; how to understand your core beliefs and how they shape relationships; how to understand feelings, thought patterns and judgments and interpretations of life's events and use them more effectively; how to create the life experience you want and how to communicate clearly and effectively with others.

Prerequisite: None

Hours: 50 instruction hours

Thursday	9 am -10 pm
Friday	9 am -10 pm
Saturday	9 am -10 pm
Sunday	9 am - 6 pm

Vendor: Innovative Learning Group/Wings Seminars
275 W 5th Ave
Eugene, OR 97401

CEU's: 5 Continuing Education credits with \$25 fee in following areas:

- Effective Communication
- Managing Change
- Team Building Strategies
- Conflict Resolution & Negotiation Skills
- Social Issues in Mental Health
- Leadership Skills
- Interpersonal Effectiveness