

LOOKING FOR WAYS TO:

- **manage stress?**
- **improve communications?**
- **build more effective teams?**

Faculty members from Webster University provide an engaging program to help bring about change in your workplace or enlighten you and your employees with personal and professional development strategies.

Choose from a list of seminar topics or we will adapt other topics within our curriculum to the needs of your organization.

Designed to fit into your lunch hour, all Professional Seminars are one hour, free, and held at your location.

WEBSTER UNIVERSITY

Webster University is a co-educational, nonprofit, liberal arts University with undergraduate and graduate degree programs. Founded in 1915 as a private college in Webster Groves, Missouri, Webster has grown into an international network of more than 100 campuses worldwide.

The Kansas City Metropolitan Campus was founded in 1972 and offers 12 graduate degree and 2 undergraduate degree programs.

In Kansas City, we offer a student-centered environment accessible to individuals of diverse ages, cultures, and socioeconomic backgrounds. We provide a personalized approach to education through small classes and close relationships among faculty and students. Programs are customized to meet the needs of career-minded adult learners.



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Webster University is accredited by the Higher Learning Commission
Member of the North Central Association

Real Knowledge for Real World Success®

FREE PROFESSIONAL SEMINARS

FROM WEBSTER UNIVERSITY



MEET WEBSTER'S FACULTY

Faculty members bring the best of both worlds to the classroom—an ideal blend of academic credentials *and* career experience in the subjects they teach.

These faculty members lead a number of our Professional Seminars:

Carolyn J. Cottrell, Ph.D., is the Regional Director of the Kansas City Metropolitan Campus and teaches undergraduate and graduate level Stress Management classes. Over the last eight years, Dr. Cottrell has focused on applying brain research to the workplace.

Wally Lovett, M.S.A., is an academic advisor at Webster. He held several management positions at Amoco Oil and has been teaching management courses at Webster since 1991.

Jerry Touslee, Ed.S., is a professional licensed counselor, licensed clinical social worker and nationally certified gerontologist, and has been teaching classes in career and life planning at Webster for over ten years.

Keys to Managing Stress helped us identify our major stressors and offered ideas for decreasing stress. I wish I could reproduce this talk for all of my co-workers.

Mike Vanderspool
Executive Administrative Coordinator
International Association of
Diecutting and Diemaking

PROFESSIONAL SEMINAR TOPICS

Choose from a list of seminar topics or we will adapt other topics within our curriculum to the needs of your organization.

- Keys to Managing Stress
- Practical Tips for Improving Communications
- Move from Conflict to Collaboration
- Build More Effective Teams
- Coaching: Bringing Out the Best in Others
- Handling Emotions Under Pressure
- Career/Life Planning
- Generational Diversity in the Workplace
- Cultural Diversity in the Workplace
- Returning to College: The Adult Learner's Survival Toolkit
- Enjoy Seniority, Not Senility: Care and Feeding of the Brain
- The "Brain-Compatible" Workplace
- Time Management
- Work/Life Balance
- Organizational Skills
- Writing the Stories of Your Life

Designed to fit into your lunch hour, all Professional Seminars are one hour, free, and held at your location.

Everyone enjoyed the seminar and they found Wally to be a great speaker! Thank you again!

Mark Weatherby, RN, BSN, MBA
Truman Medical Center

Yes! Please contact me about scheduling a free professional seminar.

I am interested in the following topics:

I would like to discuss a customized program.

Name _____

Title _____

Company _____

Address _____

Address 2 _____

City/State/Zip _____

Phone _____

Fax _____

E-mail _____

Fax or Mail to:

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