



Presenters

Patty Corwin is a motivational speaker and a corporate trainer. Her seminars include information on management training, supervision, marketing, sales, personal development, selection and retention, and public relations. She works with individuals and larger groups on special topics and is a business consultant.

Patty Corwin is a sociologist at North Dakota State University where she has won the prestigious Blue Key Doctor of Service Award and the Robert Odney Award for Excellence in Teaching. She has taught at Great Falls University in Montana, University of Minnesota at Moorhead, plus United Tribes Development Corporation in Bismarck.

She has been a police detective with the Fargo Police Department where she handled investigations and worked with public relations.

Robin Thorstenson, Program Manager and Trainer for Bismarck State College, has been leading teams to the next level for more than 20 years. She has worked in nonprofit, in government, and in healthcare in a variety of roles ranging from recruiter to HR manager to nonprofit director.

Robin holds a MBA from University of St. Thomas. She serves on the boards of the Missouri Slope Areawide United Way and of the Leadership Bismarck Mandan Alumni Association, as well as actively participates in Toastmasters Club 717.

Robin has been a trainer and facilitator for the Division of Continuing Education at BSC for the past 6 years. Robin combines practical application with the latest trends to create a real learning experience.

Fargo—April 16—**CANCELED DUE TO FLOODS IN THE AREA**

LaQuinta Inn & Suites—Robust Room
2355 46th Street S

Bismarck—April 23

Ramkota Hotel—Room 2130 (2nd floor)
800 S 3rd Street

Educational Secretaries Association of North Dakota

A Division of NDCEL

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Bismarck, ND 58501

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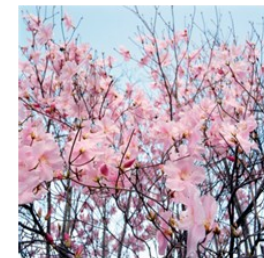
presents

How to Get a Life

April 16, 2013—Fargo
LaQuinta Inn & Suites
Robust Room

Sixty Miles an Hour with My Hair on Fire

April 23, 2013 —Bismarck
Ramkota Hotel
Room 2130



CANCELLED

Fargo: "How to Get A Life"



Are you pulled in too many directions, leaving little time for the quality of life you planned and worked so hard to achieve? Design a life that is perfect for you. Discover your inner voice, explore your values and find the path to personal fulfillment using emotional intelligence techniques. Be more valuable to those you love by becoming the person you were meant to be, living the life you imagined.

In this session:

- Learn how your values, attitudes and behaviors are best combined to achieve your goals.
- Learn to handle change in ways that will benefit you.
- Define your life purpose so that your decisions support your long term plans.
- Focus on your resources that will help you achieve your goals.

Bismarck: "Sixty Miles An Hour With My Hair On Fire"



Hear lessons learned from a self-professed workaholic. Leave with tips, techniques, and a new mindset that will help you stress less, even when running with your hair on fire.

Presenter: **Robin Thorstenson**

Agenda

5 p.m.	Registration
5:30-6:30 p.m.	Social/Dinner
6:30-7:30 p.m.	Program
7:30 p.m.	Adjourn

Gifts for all who attend!

Dress: Casual/Comfortable

Please note all times indicated are "central time."

ESAND Regional Meetings

Registration

Please indicate which meeting you will be attending

- April 16, 2013 — Fargo
 April 23, 2013 — Bismarck

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- \$25 ESAND Member
 \$35 NON-ESAND Member
(registration includes meal)

Deadline to register:
Fargo—April 11
Bismarck—April 18

Name

Position

School

Address

School Phone

Make checks payable to **ESAND** and mail to:
ESAND
121 E Rosser Avenue
Bismarck, ND 58501