

Bismarck:
“Smile & Move”



Smile & Move is a reminder to happily serve the people around us. There are 5 ways to smile (wake up, be thankful, be approachable, complain less, smile more) and 4 ways to move (start early and go long, exceed expectations, have a sense of urgency, be resourceful and resilient). Each point is introduced and discussed in order to create a higher level of awareness that encourages training participants to be more positive and action-oriented in their service to others.

Presenter: **Dot Frank**

Fargo:
“Turning Up Your Joyful Meter ”



When my teenage daughter told me to “turn my joyful meter down,” I decided to not only ignore her advice, but to share that message with others as well! You will leave this session energized and ready to live with intention. In this session, I create a compelling case for joy and help you re-discover what brings you joy and how to keep your ‘joyful meter’ at maximum capacity.

Presenter: **Teresa Lewis**

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 22 — Bismarck

April 28 — Fargo

\$25 ESAND Member

\$35 NON-ESAND Member

(registration includes meal)

Deadline to register:
Bismarck—April 17
Fargo—April 24

Name _____

Position _____

School _____

Address _____

School Phone _____

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



Presenters

Dot Frank is a self-admitted, educational and development addict. In addition to craving professional growth and development courses as a participant, she has proven to be an esteemed presenter herself. Dot has taught enrichment and development courses for Bismarck State College for several years and has been solicited to present in other settings as well. She currently provides training in the areas of marketing, advertising, public relations, networking, and sales. Dot is certified to deliver courses within the learning systems of Development Dimensions International (DDI) and has earned the designation of DDI facilitator.

She is a Leadership Bismarck-Mandan graduate, one of *Business Watch* magazine's "40 Under 40," active on local boards and within her community, wife and mother.

Teresa Lewis is a mindset coach, inspirational speaker and facilitator. She provides inspiration to audiences of all sizes. She is also a morning co-host on Life 97.9

She is a certified coach and speaker with The 7 Mindsets. This allows her to share the principles that lead to happiness and success! Teresa brings passion, optimism and integrity into her business. Her life experiences have paved the way for her to positively impact her clients. She's had over 25 years in the business world, primarily in human resources. What she loved most about human resources was the opportunity to provide others with encouragement and support and this is now what she brings to her clients.

Teresa can relate to a full schedule and juggling many priorities and volunteer activities. Her husband Steve is a commercial realtor with LexStar and owns Turfworks Lawn Care. Their teenage daughters keep them active as well as 'a few' dogs in the household.

Teresa's goal: Make a positive and profound impact on the world!

Bismarck—April 22
Ramkota Hotel—Governor's Room (by front desk)
800 S 3rd Street

Fargo—April 28
Ramada Plaza & Suites—Etude Room
1635 42nd Street SW

Educational Secretaries Association of North Dakota

A Division of NDCEL

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Bismarck, ND 58501

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