

Bismarck:



“Strategies for Work/Life Balance”

Life can feel like a constant battle between our professional and personal lives, especially in today’s turbulent times. This course offers tips to set priorities, schedule time for yourself, lose the guilt, communicate with your employer, and keep your sense of humor. Join us for strategies to move from juggling to rebalancing your busy life!

Presenter: **Kristi Pfliger-Keller**

West Fargo:

“The 100% Factor: Ideas for Living for Your Capacity ”



Have you ever heard someone say that you have a lot of potential? On the surface, that could sound like a compliment, but when you really start to think about it, what does that say about your current level of performance? If you have a lot of potential, does it mean that maybe someday you’ll live up to it, but it’s not happening now? During this presentation, based on the book by Jodee Bock, you will get some new ideas for infusing more life into your life starting right now, from wherever you are!

Presenter: **Jodee Bock**

(Jodee will have her book available to purchase.)

ESAND Regional Meetings

Registration

Please indicate which meeting you will be attending

April 19 — West Fargo

April 26 — Bismarck

\$25 ESAND Member

\$35 NON-ESAND Member

(registration includes meal)

Deadline to register:

West Fargo—April 14

Bismarck—April 22

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.”

Name _____

Position _____

School _____

Address _____

School Phone _____

Make checks payable to **ESAND** and mail to:

ESAND

125 Slate Drive, Suite 7

Bismarck, ND 58503

Presenters



Kristi Pfliger-Keller is a high-energy speaker and trainer dedicated to empowering audiences of all backgrounds. By cominging an off-beat sense of humor with her “been-there-done-that”

work examples, she leaves audiences laughing while identifying practical tools for change. A graduate of Northern State University, she holds a bachelors degree in Political Science and Public Relations. In addition, she is a Certified Family Development Specialist. She is currently serving as Learning & Development Coordinator at Basin Electric Cooperative.

Each life adventure has provide Kristi with practical experience and a passion for personal growth and development.

Kristi lives in Hazen with her husband, young son, and a menagerie of wayward animals. She finds joy in family, friends, good coffee, and a great pair of shoes.



Jodee Bock is principal and founder of Bock's Office Transformational Consulting where she provides coaching, speaking, fa-

ilitation, development and delivery of customized workshops and seminars that support individuals and teams in succeeding at whatever they are committed to accomplishing. Jodee is author of several books including *The 100% Factor: Living Your Capacity*.

West Fargo—April 19
Cambria Hotel & Suites—Conference Room 3
825 East Beaton Drive
West Fargo, ND 58078

Bismarck—April 26
Ramkota Hotel—Room 3130 (upstairs)
800 S 3rd Street

Educational Secretaries Association of North Dakota

A Division of NDCEL

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presents

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Strategies for Work/Life Balance

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