

## West Fargo: “Attitudes Are Contagious”

Positive Psychology lends research and strategies to increase quality and quantity of happiness and success in life through the simple act of positive attitude. Attitude is everything and this information supports the importance and benefits of maintaining a healthy and balance optimistic attitude.

Participants will:

- Understand the research that supports the formula: Knowledge Motivation Optimism = Success
- Learn techniques to change a pessimistic attitude to an optimistic attitude
- Understand the effect a positive attitude has on themselves, their personal and professional relationships
- Be equipped with light-hearted techniques to protect themselves from negative attitudes Learn techniques for dealing with the “Power Struggle” attitude
- Remember how “doing what you love and loving what you do” is a shortcut to positive attitude and success

Presenter: **Ann Dolence**

## Bismarck: “Becoming a Better You” *Embracing the Power of Personal Growth*

You can't create a better life until you first create a better YOU. During this session, Life Coach Mandy B. Anderson will help you take the first steps of personal growth by showing you how to develop the 3 essential characteristics that are the foundation of becoming a better you:

- The personal development skills that are often overlooked
- Tips to strengthening your persistence in the midst of obstacles and resistance.
- Action Steps, Encouragement, and Inspiration to help you become the best version of yourself!

Presenter: **Mandy B. Anderson**

## 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 25 — West Fargo

April 26 — Bismarck

\$25 ESAND Member

\$35 NON-ESAND Member

(registration includes meal)

Deadline to register:

West Fargo—April 20

Bismarck—April 24

Name

Position

School

Address

School Phone

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

ESAND

125 Slate Drive, Suite 7

Bismarck, ND 58503

## Presenters



**Ann Dolence** has spent 15 years as a certified recreation therapist working in the area of psychiatric treatment. She has owned her own professional speaking and training business, The Leisure

Connection, for the past 12 years.

Ann is also a self-published author and video producer of educational wellness materials. Once we remove the obstacles that conflict and negative attitudes produce, we are sure to obtain our goals. Simple techniques implemented daily can make these positive life qualities of success available to everyone.

Ann draws her training and presentation material from her professional knowledge but also from real-life experiences. She is married, a mother of three daughters and has a passion for running. Ann has successfully completed four marathons. She believes in life like in a marathon, training is the key to performance. You must focus on the finish line, stay on course and believe you will reach your goal one step at a time.



**Mandy B. Anderson** is the Co-Founder of Big Blue Couch™ Coaching, LLC. Born with Cystic Fibrosis, Mandy has walked the road of an Overcomer her entire life. She is passionate about helping others rise above their circumstances, be brave, and live beautifully whole.

She is the author of the books, *In Sickness and In Health: Lessons Learned on the Journey from Cystic Fibrosis to Total Health* and *Unshamed: Embracing Your Authentic Self in a Cookie Cutter World*.

Some of her credentials and certifications include: Certified L.E.A.N. Health Coach through the Dr. Sears Wellness Institute; Certified Christian Life Coach and a Financial Coach through Light University

Mandy has been married to the man of her dreams for over a decade, Nate. Mandy spends her free time hanging out with her husband, and when he is away at work, she enjoys quality girl time with her best friends. Her greatest enjoyment in life is to meet new people and have inspiring conversations over a steaming cup of coffee.

West Fargo—April 25

DoubleTree by Hilton—Conference Room 3  
825 East Beaton Drive  
West Fargo, ND 58078  
(formerly Cambria Hotel)

Bismarck—April 26

Ramkota Hotel—Room 2130 (upstairs)  
800 S 3rd Street  
Bismarck, ND 58504

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## Educational Secretaries Association of North Dakota

A Division of NDCEL

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Bismarck, ND 58503

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## Educational Secretaries Association of North Dakota

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## Attitudes are Contagious

April 25, 2017 —West Fargo  
DoubleTree by Hilton  
Conference Room 3

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## Becoming a Better You

Embracing the Power of  
Personal Growth

April 26, 2017—Bismarck  
Ramkota Hotel  
Room 2130

