Heather Ostrowski is a dynamic speaker with endless energy. Heather has degree in Speech Communication from St. Cloud State University. Her professional experience includes working for Josef’s School of Hair Design for over ten years. She also completed Dale Carnegie training that “changed my life in such a positive way I will forever be grateful.”

Heather says, “Each message is unique and created special for every event. That is what I LOVE about this message - it can be delivered so many different ways to reach so many different results.”

Jim Stenehjem is a Williston High School graduate, and was a science teacher in Pascoe Vale Girls High School in Melbourne, Australia, White Shield High School, Willow City High School, and the principal at Sheyenne High School, Watford City High School and in Grand Forks at Central HS, Valley JHS, Schroeder MS, and Red River HS.

Jim is presently the director of the ND LEAD Center, where he works with school administrators across the state of North Dakota.
Fargo:
“Shoes of Life”

Shoes of Life will inspire you to be the person you were meant to be. It will encourage you to try something new. It will motivate you to stay focused on your goals. It will empower you to face challenges armed with tools to embrace and overcome them. You will be reminded to have fun, laugh and enjoy life.

Presenter: Heather Ostrowski

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.”

Bismarck:
“Telephone Etiquette”

You only get one chance to make a first impression. Effective phone answering skills are essential to creating that positive first impression.

This presentation will help you understand how to respond effectively to incoming telephone calls; create a favorable first impression over the phone; apply telephone techniques & procedures that will enable you to handle incoming calls courteously and efficiently.

Presenter: Jim Stenehjem, Director, ND LEAD Center

ESAND Regional Meetings

Registration

Please indicate which meeting you will be attending

☐ April 27, 2010 — Fargo
☐ April 29, 2010 — Bismarck

☐ $25 REGISTRATION ENCLOSED (includes meal)
Deadline to register:
Fargo—April 23
Bismarck—April 26

Name
Position
School
Address
School Phone

Make checks payable to ESAND and mail to:
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