

M.O.S.T. Women's Conference

Maximizing Our Strengths Together

Conference Registration Form

Thank you for joining us at a M.O.S.T Women's Conference. Pre-registration fee for the conference is \$150. Payment can be made by sending a check made out to Carol Edwards Denekas Author with M.O.S.T Women's Conference noted on the check memo line. Please make your selections below and email or mail this form to:

M.O.S.T. Women's Conference
417 7th Ave SE Dyersville, IA 52040
www.caroledwardsauthor@yahoo.com

Seating is limited and pre-registration is required.

Registration Information

Name _____

Address _____

Contact Information

Phone _____ Email _____

Organization/Business (if applicable) _____

Date of MOST Conference you are registering for _____

Lunch will be catered. Please alert us to any special dietary needs/restrictions you may have.

Workshop Information

Please indicate your workshops choices below. Choose one from each pair.

Session 1

The Magic of Emotional Intelligence

Emotional intelligence - EI - skills have a powerful impact on your personal and professional relationships, leadership and promotion, persistence, health, and the bottom line of business. Learn the five core competencies of emotional intelligence and practice strategies to raise your EI. When you learn the secrets, you can practice the amazing magic of EI, too.

Intentional Living: Find Yourself in Life

At its heart, intentional living means living life guided by your values. Take the plunge and identify what brings purpose and meaning to your life through a series of defining activities. Learn how to make your daily professional and private lifestyle reflect what you value. Take the challenge to be intentional in all facets of your life.

Session 2

Your Best Brain at Work, School & Home

Most of us take better care of our hair than we do of our brains, yet our brains are the critical component to everything we are able to think, feel, do and experience. Join me to explore choices and strategies to help you have your best brain and get your best results!

Overcome Adversity & Achieve Your Life Plan

Feel like you are on a path you never imagined you'd be on? Do "What Ifs?" float through your dreams, enticing you to dust off past aspirations? Identify the life you were meant to live by taking this 10 step journey toward discovering yourself. You will be able to focus directly on your life as we work through this personally enlightening process.

Session 3

Change Your Language, Change Your Life!

What you think, say and feel create your experience by "programming" your brain's Reticular Activating System (RAS). Learn The Power of the Pink Elephant(c) and practice choosing powerful, positive, "high-energy" words to create your best life!

Engagement Essentials

Are you over-committed? Need to slow down and don't know how? Is saying "No" a challenge for you? Is your self-image tied to how busy you are? Let Engagement Essentials unlock the keys to healthy, successful social and professional obligation navigation.

Session 4

Be The Zebra! (aka Choose Your Stress)

At this point you may be skeptical, but you CAN choose your stress by choosing your perspective and responses to life events! We will examine your brain's and body's stress response mechanisms, then explore and practice strategies you could use to choose and reduce your stress, including how to "Be The Zebra!"

TEAM World

Feeling overwhelmed? You're not alone! It's more and more difficult to cover life's bases on your own. TEAM World will focus on cooperative living and learning how to fill a personal Tool Box to help you build relationships and challenge the way you look at the world around you.