

Monday-Tuesday, Feb 8-9, 2016

**DiSC: Improving Communication and Enhancing Relationships**

Instructor: Chariti Gent

Fee: \$300 both days

Approved for CCE by ICF: 1.5 Core Competencies and 10.5 Resource Development

Ready to do more for the people you work with or supervise—and for yourself? DiSC is the leading personal assessment tool to improve your ability to guide productivity, teamwork, and communication. Learn how to “people read” customers, colleagues, and clients. You also receive your own DiSC assessment.

Day one explores the four personality styles and how each communicates. Discover techniques to bridge the communication gap so individuals can more effectively communicate with people of differing styles. On day two, apply the model to specific situations and create your personal action plan. Real-life examples help you explore and test how to handle challenging situations.

Chariti gave an excellent presentation! I liked the interactive dialogue with the group. —2015 DiSC participant

**NEW!**

Thursday, Feb 18, 2016

**Personal Branding Insider Tips and Tools**

Instructor: Dana Zurbuchen

Fee: \$150

Qualifies for ICF CCE: 6 Resource Development

If you don't understand the impact your personal brand has on your professional life, or aren't sure where to start, this program provides the answers. Developing a personal brand is a responsibility that impacts your career advancement and development as a leader. An authentic personal brand enhances your practice and helps you find the right clients for your skills and approach.

Through templates and hands-on guidance, learn how to create your own personal brand and develop a customized plan to increase your professional relevancy. Develop a strong self-understanding, identify your passions, learn the branding mistakes to avoid, and discover the tools to create an authentic personal brand for yourself and your business.

**NEW!**

Wednesday, Mar 16, 2016

**Goal Setting to Goal Getting**

Instructor: Mary Barnes Johnson

Fee: \$150

Approved for CCE by ICF: 4.5 Core Competencies and 1.5 Resource Development

A recent study at Stanford University determined that 80% of the population does not set goals. Of the 20% that do, only 8% accomplish their goals. What percentage do your clients fall into?

Help your clients understand and create clear and attainable goals, a plan of action, and a path to self-motivation through the *Moving from Goal-Setting to Goal Getting in Three Steps* model. Through individual and small group exercises, hands-on learning, and in-depth discussion, you build understanding of the goal-setting process in a way you've never done before, and learn how to motivate your clients to be among the small percentage of people who actually achieve their goals.

**NEW!**

Monday, Apr 4, 2016

**Coaching Skills for the Professional Relationship**

Instructor: Shawn Preuss

Fee: \$170

Approved for CCE by ICF: 4.5 Core Competencies and 1.5 Resource Development

Are you a beginning coach, a human service professional new to coaching theory, or a manager working in corporate and nonprofit settings? If so, here is your chance to learn how to use emotional intelligence theory to create an atmosphere of support and manage difficult conversations. Incorporating coaching skills and tools in your communication style allows you to flow and flourish in your relationships at work and at home.

For more information, learning objectives, and to register visit: [continuingstudies.wisc.edu/life-coaching](http://continuingstudies.wisc.edu/life-coaching)

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Spring 2016  
Workshops for Life Coaches, Supervisors,  
and Human Service Professionals



Excellent presentation and resources!  
—2015 program participant

Spring 2016

**Workshops for Life Coaches, Supervisors, and Human Service Professionals**



**NEW!**

Tuesday, Apr 5, 2016

**Core Competencies in Coaching, Business, and Life**

**Instructor:** Shawn Preuss

**Fee:** \$170

*Approved for CCE by ICF: 6 Core Competencies*

The International Coach Federation's 11 core competencies serve as the professional coaching profession's guide to excellence—and can improve your coaching and your life. Learn how to incorporate the core competencies in your profession, in the development of your business' best practices, and in your relationships.

Monday-Tuesday, May 16-17, 2016

**Business Planning for Professional Coaches**

**Instructor:** Shawn Preuss

**Fee:** \$225

*Qualifies for ICF CEE: 12 Resource Development*

As independent contractors we are often caught in the trap of doing our jobs. But who's running the business? Learn to design and create a business plan with a focus on sales and marketing, finances, and organization. Explore a variety of structures you can use for continued planning on a weekly and monthly basis, and take home the beginnings of a biannual plan for 2016 and beyond.

*The material was presented in a manner that was resourceful and thought provoking. Shawn breaks down all the nitty gritty details of starting, marketing, and financial information needed to start your own coaching business off right!*  
—2015 participant

**NEW!**

Online, anytime

**Effective Communication Skills for the Workplace and Beyond**

**Instructor:** Darcy Luoma

In Partnership with Brava Enterprises **BRAVA**

**Fee:** \$95

*Qualifies as ICF CCE: 6 Resource Development*

Learn to identify your personal communication style and those of other people through multiple theories and models. Incorporate the most effective strategies and tools to increase the effectiveness of your communications. This self-study course incorporates lecture, hands-on exercises, and quizzes.

**Instructors**



**Chariti Gent** (MS, CPCC, PCC) is the principal at Chariti Gent Coaching and Consulting and received her professional coach training from the Coaches Training Institute (CTI). She is on the board of directors of the Wisconsin Women Entrepreneurs, is an active member of Phenomenal Women

Wisconsin, and regularly volunteers her time and talents to train up-and-coming coaches. Chariti Gent Coaching and Consulting is a global member of the International Coaching Federation.



**Mary Barnes Johnson** (PLCC, ACC) is a professional life coach trained through the UW-Madison's Professional Life Coaching Certificate Program. She is also a social and emotional intelligence certified coach through the Institute for Social and Emotional Intelligence (ISEI). Mary is

recognized for her exceptional performance as a leader, trainer, coach, and mentor, and has assisted hundreds of professionals in overcoming obstacles and attaining personal and career goals. Mary is also the author of *Digging for Goals*.



**Darcy Luoma** (MS, MCC) is an organization development specialist and leadership coach and the owner of Darcy Luoma Coaching & Consulting. She has been transforming lives and organizations as a coach and consultant for over 18 years. She is a dynamic facilitator and engaging

public speaker who has helped hundreds of clients achieve remarkable results. Darcy holds credentials as a Board Certified Coach (BCC), Organization and Relationship Systems Certified Coach (ORSCC), Certified Professional Co-Active Coach (CPCC), Master Certified Coach (MCC).



**Shawn Preuss** (PCC, BS) is a trained Coaches Training Institute (CTI) coach, a certified Meyers-Briggs facilitator, a leadership and team development coach, and the owner of Transitions Coaching & Consulting. She has coached and consulted with individuals, teams,

groups, and organizations for more than 35 years. Shawn is an active member of the International Coaching Federation, Chicago Coaches Federation, and the Association for Psychological Type.



**Dana Zurbuchen** (ACC, CPC) is the principal at DZ+Associates. She is committed to helping leaders and professional women transform their business relationships through personal brand development, emotional intelligence coaching, and leadership training. She founded a media

buying agency that she grew to an eight-figure company, and her dream is for people to change the world in big ways by simply being who they are.

**General Information** *(for face-to-face programs)*

**Location:** All face-to-face programs are held at The Pyle Center, 702 Langdon St, Madison, WI.

**Time:** Registration 8:30-9am; programs from 9am-4pm.

**Fees:** Your registration fee includes instruction, materials, continuing education units (CEUs), refreshments, and a \$25 nonrefundable administrative fee.

**Registration deadline:** To ensure your place and to help us accommodate you, please register as early as possible. If you do not receive an email confirmation before the program, call 608-262-7942 or 800-725-9692.

**Lodging:** Visit the Extension Conference Center at [conferencing.uwex.edu/location.cfm](http://conferencing.uwex.edu/location.cfm) for information about parking and lodging. Please make your own travel and lodging arrangements.

**Approved Hours/Continuing Education Credits:** 0.1 CEU=1 hour of professional continuing education. Participants receive verification of attendance at the end of the program. UW-Madison Continuing Studies is an acceptable continuing education provider for the following:  
**Social Workers:** UW-Madison Continuing Studies (provider #1042) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB; [aswb.org](http://aswb.org)) through the Approved Continuing Education (ACE) program. UW-Madison Continuing Studies maintains responsibility for the program. ASWB Approval Period: 4/27/2013-4/27/2016. Social workers should contact their regulatory board to determine course approval. Social workers participating in a course will receive one continuing education clock hour per hour of instruction. WI, IA, IL, MI, and MN Boards of Social Work recognize ACE programs.

For more information, learning objectives, and to register visit: [continuingstudies.wisc.edu/life-coaching](http://continuingstudies.wisc.edu/life-coaching)

**Counselors:** UW-Madison Continuing Studies is a National Board for Certified Counselors (NBCC) Approved Continuing Education Provider (ACEP) #5990 and may offer NBCC approved clock hours for events that meet NBCC requirements. The ACEP solely is responsible for all aspects of the program.



**ICF-Certified Coaches:** See each program listing for Continuing Coach Education (CCE) by the International Coach Federation (ICF) information. CCE units are awarded in two categories: Core Competencies and Resource Development.



**WI Psychologists, and Marriage and Family Therapists:** Qualifies as an accredited university continuing education course relevant to professional practice.

**WI Substance Abuse Counselors:** Qualifies as a continuing education course consisting of relevant subject matter taught by qualified presenters.

**Other professions:** Completion of a program qualifies for one continuing education hour per hour of instruction. Contact your own board or organization for specific continuing education requirements.

*If you have a disability and desire accommodations, please advise us when you register. Requests are confidential. Programs offered by UW-Madison in cooperation with UW-Extension.*

**Questions?**

Contact **Aphra Mednick** at [aphra.mednick@wisc.edu](mailto:aphra.mednick@wisc.edu) or 608-265-8041.

