



LEARN MORE! Educate. Enrich. Empower.

November 2013 Professional Development Opportunities

90% of programs offered can be accessed and shared 24/7.

[CLICK](#) to register online or call (610)738-0476 or e-mail orgdev@wcupa.edu.

Communication Enrichment

How to Become a Whole Brain Thinker

November 6th

[CLICK](#) to register and watch all week long.

Watch, listen, and discover your brain dominance; how to tap into both sides of your brain; apply mind mapping strategies to increase productivity and creativity both individually and in groups; and become a member of an elite group of whole brain thinkers!



212 Degree Service



November 7th - 21st [CLICK](#) to register and watch all season long.

At work, when we talk about creating a service culture,

Embracing Your Power Within

November 7th

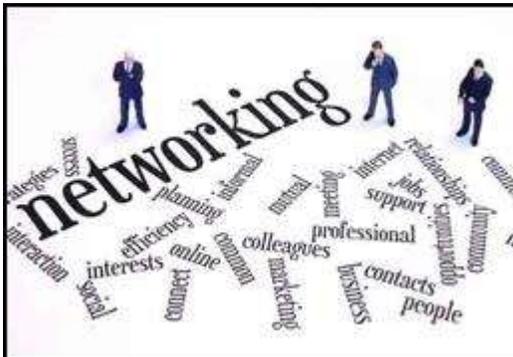
[CLICK](#) to register and watch all week long.

most people will focus on “customer service.” But 212 Degree Service defines the service culture differently. In addition to serving the customers, it is also about serving each other. In fact, you’ll learn it’s impossible to have one without the other. Collectively and individually, develop a plan on how to implement and sustain a 212 degree service with one another and the customers you serve.



Annemarie Kelly of the Victorious Women Project will help you to break through to success in life, work, and relationships by understanding the power you have now. You will also discover the one killer phrase that eats away at your power and learn the three power steps that get you tapping into your power.

How to Become a Dynamic Networker



November 27th [CLICK](#) to register and watch all week long.

Master the components of dynamic networking, including dos and don'ts, examination and preparation, accessing your conversation, and discovering how to improve your skills.

Go to www.pashe.edu/academy for more information.

Leadership Enrichment

John Maxwell on Leadership Video Series

November 6th until November 27th

[CLICK](#) to register and listen all week long.

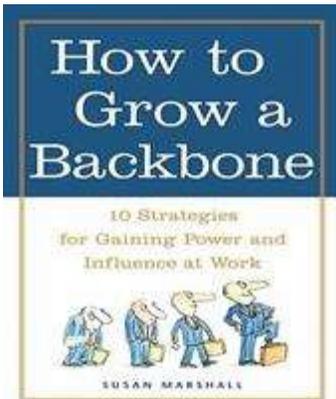
Watch John Maxwell, author of the best sellers “360 Degree Leader” and “21 Irrefutable Laws of Leadership,” as his tell-it-like-it-is approach to leadership both educates and entertains in these classic yet relevant short videos over 5 weeks.



Strengthening Your Leadership Backbone

November 13th

[CLICK](#) to register and watch all week long!



Whether you are a current or aspirant leader, learn the 10 powerful strategies that will bring you and others around you greater credibility, power and influence at work using Susan Marshall's book, "How to Grow a Backbone."

EntreLeadership Podcast Series

November 18th until December 9th

[CLICK](#) to register and listen all season long.



The

EntreLeadership Podcast Series (Season 1) is being re-broadcast by popular demand. This series delivers lessons on business, team building, and leadership from internationally recognized subject matter experts. Receive links to four weekly podcast so you can watch, reflect, and act on the information.

Health and Wellness Enrichment



Eat Well For Life
Weekly from
November
4th to
December
9th

[CLICK](#) to register



This 6-week e-newsletter campaign is designed to improve your nutrition habits and build a better diet using the eight building blocks.

Did You Know?

As an ESU employee, you have access to **FREE** WellU Group Fitness classes. All classes are in **Rec B Fitness Center**. Participant must bring an ecard to have access into Rec B.

Monday- Zumba, 4:45 – 5:30 p.m.

Wednesday- Cardio Circuit, 5:15 – 6:00 p.m.

Thursday- Core Cycle, 4:45 – 5:30 p.m.



Go to www.pashe.edu/academy for more information.

