

HOW I SHOW UP MATTERS

Taking responsibility for how we show up and holding ourselves and others accountable in relationships impacts performance, improvement and navigating disruption and change. It's important to reflect on how we are showing up and how we can make a positive impact on the people (and processes) around us. Arguably some of NWHPEC's most impactful content, **Personal Responsibility** serves as a foundational component of both our "3H Leadership" and "3H Teamwork" series. This stand-alone offering will explore **Personal Responsibility** strategies to value human needs, create emotional safety and reduce drama ("emotional waste") through the lens of our own current condition versus someone else's lens. This virtual learning series is taught by Kari Penca and is highly engaging and interactive.

Participants will explore how to:

- Recognize their role in drama or "emotional waste" and the resulting impact
- Develop emotional intelligence
- Operate from more developed levels of self-awareness
- Communicate with clarity, aligned with human needs
- Take responsibility for what they do and say in every situation

Dates: May 17, 2021

Time: 8 am – noon

Location: Virtually, via Zoom

Requirements: Computer/Laptop with webcam capability

Member Cost: \$100; (non-member cost: \$175)

Contact jennifer@nwhpec.com to register

