

NCC-AWIS Winter Workshop
February 4, 2012

Build Flexibility and Energy into your Career



**Susan Bernstein, PhD, [Work From Within](#)
*Future Proof Your Career: Building Flexibility to Navigate Changes***

Learn how to navigate the future of work and create the calm, clarity, confidence and connection needed to thrive in the new economy. Prepare yourself for the inevitable changes in your professional career. Our world is changing quickly and familiar jobs are becoming obsolete. Now, instead of going to work, work often comes to us. The Millennial Generation grew up on technology, and is forcing us to use it more wisely and creatively. At the same time, we're living in a time when the environment is increasingly polluted and resource-depleted. *With all these changes, what do you need to know to make your career a success?*

- **The five major trends that will dictate your professional future**
- **Three conflicts that will have tremendous impact on your work — and your family/personal life**
- **Four key strategies you can adopt right now to be future-proof and flexible**
- **Techniques for creating calm, clarity, confidence and connection**

Susan Bernstein, MBA, PhD is a consultant on the future of work, specializing in the human performance issues involved in major transitions. A veteran of management consulting, marketing, and executive development roles at companies like Intel, Accenture, and Franklin-Covey, Susan is keenly aware of the pressures in today's workforce. As a strategist and an MBA, she is able to look into the future and see emerging trends. And with a PhD in the cutting-edge field of Somatic Psychology, she is able to help guide professionals through organizational transformation. She received her MBA at the University of California, Berkeley and her PhD from the Santa Barbara Graduate Institute.



**Dr. JoAnn Dahlkoetter, PhD, [Peak Performance Plan](#)
"OLYMPIC THINKING" Strategies for High Energy, Productivity, and Balance**

This program, "**Your Performing Edge**" will give you a complete system with mindset tools and results-driven solutions to increase your energy, drive productivity, and enhance your performance under pressure. You will walk away with a powerful experience along with tools and resources for managing daily demands and strengthening your mind and body to be more resilient, to perform well, and to create inner balance under the most highly demanding work conditions. Learn leadership skills you can apply immediately:

- **Your Gold Medal Mindset for Success – Olympic Thinking Tools**
- **Your Performing Edge – 3 P's: Positive images, Power words, Present focus**
- **How to Build a Healthy, Balanced Lifestyle Professionally and Personally**
- **Visualize to Energize: Confidence and Focus to Break through Barriers to Success**

Dr. JoAnn Dahlkoetter is a world renowned performance coach to **OLYMPIC Gold Medalists** and CEOs, a sports psychologist, President of **Performing Edge Coaching International**, and author of 17 books including the national bestseller "**Your Performing Edge**." Dr. JoAnn is an in-demand **Stanford Olympic Keynote Speaker**, winner of the **San Francisco Marathon** and 2nd woman in the **World Championship Hawaii Ironman Triathlon**. Her clients and audiences include **Fortune 500** top executives and multi-national corporations, NASA scientists, surgeons, coaches and professional athletes. Dr. JoAnn is a frequent TV expert commentator on **ABC, NBC, BBC, and Fox News**. In addition, Dr. JoAnn provides performance psychology consulting, customized corporate training and coach certification programs to reach your highest potential in business, sports, fitness and life.

Saturday, February 4, 2012, 9:00am- 2:00pm

Please dress comfortably to participate in Dr. Susan Bernstein's Tai Chi exercises.

Fee: \$45 members, \$55 non-members until 1.31.2012, \$60 after 1.31.2012 and at the door.

REGISTRATION FEE INCLUDES BREAKFAST, LUNCH, AND A COMPLEMENTARY COPY OF DR. JOANN DAHLKOETTER'S BESTSELLER *YOUR PERFORMING EDGE*

Space is limited so please register early.

[REGISTER HERE**](#)**

Location: **Bio-Rad**, 225 Linus Pauling, Suite D, Hercules, CA 94547

Parking is in front of the Building

[*Click Here for DIRECTIONS***](#)**

ebAWIS is a nonprofit organization and fees are collected only to cover our expenses.

NON-SCIENTISTS and MEN ARE WELCOME!