

2018 Workshop Series



DRESS FOR SUCCESS®
NORTHWEST ARKANSAS



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We empower women toward economic independence by providing a network of support, professional attire, and programs to help them thrive in work and in life.

Our workshops and programs help women secure employment, retain their jobs, grow their careers, provide for their families, and improve their lives.

"I always learn something new. I meet new people and get the opportunity to network. It gets me to step out of my comfort zone and feel inspired."

~Anca

"The workshops give you an opportunity to be heard and they give you confidence. Its a start to a new beginning."

~ Tangel

Register:

479-276-3433

register@DressForSuccessNWA.org

www.DressForSuccessNWA.org

2018 Workshop Series – at a Glance

Personal Development

Second Tuesdays 6-8pm

Jan 9 <i>Self Acceptance</i>	Feb 13 <i>Personal Values</i>	Mar 13 <i>Building Healthy Tribes</i>
Apr 10 <i>Healthy Boundaries</i>	May 8 <i>Personal Plan</i>	Jun 12 <i>Paying it Forward</i>

Professional Development

Jul 10 <i>Personal Branding</i>	Aug 14 <i>Speaking to be Heard</i>	Sep 11 <i>Emotional Intelligence</i>
Oct 9 <i>Fit for Work</i>	Nov 13 <i>Project Management</i>	Dec 11 <i>Networking for Success</i>

Financial Literacy

Third Thursdays 6-8pm

Jan 18 <i>Personal Banking</i>	Feb 15 <i>Saving & Budgeting</i>	Mar 15 <i>Managing Your Credit</i>
Apr 19 <i>Identity Fraud Protection</i>	May 17 <i>Home Ownership</i>	Jun 21 <i>Investing in Your Future</i>

Health & Wellness

Jul 19 <i>Improving Personal Fitness</i>	Aug 16 <i>Yoga for Beginners</i>	Sep 20 <i>Food for Thought</i>
Oct 18 <i>Women's Health Awareness</i>	Nov 15 <i>Managing Stress</i>	Dec 20 <i>Living Better Lives</i>

All workshops are held at the Dress for Success NWA office inside the Frisco Station Mall.
100 N. Dixieland Rd Suite B8 - Rogers, Arkansas 72756.

Personal Development

Facilitated by Tribe of Women (Amy Robinson)



January - June 2018 *Second Tuesdays 6-8pm*

January 9 Self-Acceptance – We will focus on perspective – of ourselves and others. How does how we see ourselves affect how we see others? How much of what we are judging about others could be resolved if we were more accepting of ourselves?

February 13 Personal Values – Will build on what we discovered we love in the January session. We will craft these discoveries into a list of personal values and a values statement with a take-home activity of a personal mission statement.

March 13 Building Healthy Tribes – We will identify our circles of friends and who is in them. We will discuss what makes up a healthy group. We will talk about our “light people” and begin to talk about our relationships that we currently spend the most time and energy on.

April 10 Healthy Boundaries – We will begin to incorporate everything up to this point while learning how to say, “yes to you” which requires establishing boundaries. We will have discussions about how to manage our energy in the relationships that are draining us, and how to direct more energy toward those who fill our cup.

May 8 Personal Plan – We will continue to incorporate everything we have learned and developed and begin to form an action plan. What are the action steps to start taking today, next week, in the coming months and years? And, just as importantly, who is with you?

June 12 Paying it Forward – We will finish our time together bringing everything forward, reflecting on where we’ve been – who we are, where we want to be – and evolve that toward how we can be giving back to others, even as we continue to grow ourselves.



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Photography: Kitling Photography

Professional Development

Facilitated by a variety of subject matter experts

July-December 2018 *Second Tuesdays 6-8pm*

July 10 *Personal Branding* – Learn skills to build your personal brand and shape a positive reputation for the workplace.

August 14 *Speak to be Heard* – Develop skills and confidence in your presentation skills and public speaking.

September 11 *Emotional Intelligence* – Introduction to the basics of emotional intelligence and how this can make a significant positive impact on your personal and professional development.



October 9 *Fit for Work* – Success in the workplace starts with you. This workshop will explore the factors which will increase your opportunities for workplace success.

November 13 *Project Management* – We'll cover the essentials of project management; planning, organizing and scheduling tasks to achieve a specific goal; and developing a simple project plan and getting it started in the right direction.

December 11 *Networking for Success* – This workshop will help participants to understand the importance networking and the value of these relationships for career advancement, we will clarify our current network and identify personal networking needs.

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Financial Literacy

Facilitated by Arvest Bank



January - June 2018 *Third Thursdays 6-8pm*

January 18 *Personal Banking* – What role does the bank serve in the community? Where do banks get the money to make loans? How can a bank be a great financial advisor in everyday life? What products and services does a bank offer to its customers?

February 15 *Saving and Budgeting* – Come to the saving and budgeting session to learn more about how to save, cutting down on the wants vs needs, how to keep from using overdraft and avoid the fees, stretching your dollar and create a monthly budget/savings plan.

March 15 *Managing Your Credit* – Have you wondered what a credit score really means? What if you have no credit history where do you even start? Sebrina Turner, Arvest Consumer Lender, will cover the topics of credit (building and repairing) and what a lender will consider when making a loan to a customer.

April 19 *ID/Fraud Protection* – With identity theft becoming an everyday occurrence, what can you do now to protect your identity? Mike Whited, Arvest Sales Coordinator, will cover some everyday “traps” that you can avoid, to help protect your identity and lower your chances of fraud.

May 17 *Home Ownership* – Is buying a home in your near future? Looking to get out from renting to owning your own home? Laura Andrade, Arvest Mortgage Loan Officer, will discuss the steps it takes to secure a home loan. If you are a first time home buyer, this session will give you the resources to begin the process to secure the home of your future.

June 21 *Investing in Your Future* – An Arvest Wealth Management Client Advisor, will cover the topics of beginning to save for retirement, 401ks, and different types of financial planning services we offer.



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Health & Wellness

Facilitated by a variety of subject matter experts

July-December 2018 *Third Thursdays 6-8pm*

July 19 *Improving Personal Fitness* – Dustin Williams, Founder and Owner of Precision Fitness, will discuss/show how fitness can be achieved through good old-fashioned hard work, motivation and accountability in a fun group atmosphere with others who share in your same goals.

August 16 *Yoga for Beginners* – Learn how to use the tools of Yoga for your own growth and transformation in mind, body, and spirit then share that energy with your community.

September 20 *Food for Thought* – Ever wonder how to prepare healthy options when it comes to food? Come and join us in an interactive cooking class.



October 18 *Women's Health Awareness* – Breast cancer can't be prevented, but you can take three important steps to help detect it earlier – come to our workshop to find out more about how to follow these steps.

November 15 *Managing Stress* – Learn tools that you can put into practice anytime and anywhere you feel stress begin to overwhelm you. No previous meditation or yoga experience required!

December 20 *Living Better Lives* – Bringing together all the areas covered in this Health & Wellness Series, we will discuss and plan for living even better lives in 2019!

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