



### About the Instructor

**Kristine Cichowski, MS** is a writer, speaker, and consultant specializing in self-advocacy, leadership development, and family caregiving. With 30+ years of experience working at the Rehabilitation Institute of Chicago in education and research, Kristine has designed and developed an award-winning family education center and website, comprehensive caregiving resource database, and innovative programs in staff development, patient / family education, and community outreach supporting individuals with disability, family caregivers, and health professional in over 181 countries. Kristine is also a subject matter expert in transition planning, therapeutic recreation, disability inclusion, advocacy, and accessibility.

As CEO of **POWER TO BE**, Kristine consults with profit and non-profit organizations to help them achieve organizational goals and ensure diverse and productive teams.

**To schedule an empowerment experience,  
contact Kristine at 847.951.3365 or visit [www.powertobe.net](http://www.powertobe.net)**



## Leadership & Mentoring EMPOWERMENT SEMINARS

**Strengthen Your Team  
Optimize Outcomes**

**[www.powertobe.net](http://www.powertobe.net) | 847.951.3365**



## POWER TO EXCEL

Employee, students, and volunteers with disabilities share the same ambitions of their fellow coworkers and classmates--to excel and succeed in their personal and professional aspirations. Give them the chance to expand skills and knowledge that supports ongoing leadership development with opportunities for advancement in your organization.

### Achieve more at school, work, and in the community.

- Increase personal presence and skill in communicating and interacting with others.
  - Understand the importance of goal setting and its impact on future success.
  - Create strategies to manage conflict and build positive relationships.
  - Develop strategies to expand social and/or business networks.
- Increase participation in community outreach activities.

Empowerment programs support various audiences, including young adults with disabilities, supervisors, teachers, parents, coaches, and other mentors.



# POWER TO BE

## Leadership & Mentoring Empowerment Seminars

[www.powertobe.net](http://www.powertobe.net)  
847.951.3365



### POWER TO EXPLORE

#### *Discover You!*

Explore your interests and passions. Learn how to expand your community of support. Discover ways to strengthen your personal identity and stay on course with your life purpose.



### POWER TO COMMUNICATE

#### *Self-Awareness, Communication, & Goal Setting*

Learn how to assess your personal style and communication. Develop strategies to enhance first impressions, project maturity, and build trust. Understand the importance of goal setting with strategies to support goal achievement.



### POWER TO RELATE

#### *Managing Conflict & Building Relationships*

Working collectively and effectively requires listening with ability to see things from others points of view. This session provides strategies to help you maintain respectful and objective communication during stressful situations.



### POWER TO GROW

#### *Expand Social and Business Network*

Learn how to expand your communities of support through participating in community service and/or extracurricular activities. Understand how to use these experiences as a networking tool.