



### About the Instructor

**Kristine Cichowski, MS** is a writer, speaker, and consultant specializing in self-advocacy and leadership development. Kristine's passion to help others enhance productivity and work-life integration stems from a successful career at the Rehabilitation Institute of Chicago. Kristine designed innovative programs in education and research for over 30 years and is a 2-time recipient of the Henry B. Betts Award for Innovation. Kristine has designed and developed an award-winning family education center that supports individuals 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

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## POWER TO EXCEL

Give your employees the chance to expand skills and knowledge in leadership and become an effective mentor. Support their ability to support other teammates with opportunities for advancement in your organization. Arm them with tools to enable ongoing personal development for themselves and others.

**Achieve more at work, home, 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.
- Leverage networking skills to grow business and sustain programs.



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### 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 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 GROW *Expand Social and Business Network*

Identify the do's and don'ts of networking. Learn how to expand your communities of support. Enhance your communication skills to build effective relationships. Understand how to leverage your involvement in community service activities to expand connections and foster self-development.

*Empowerment Programs can be tailored to your organization's unique need in both length and content. These include a single presentation or multi-presentation series as part of a Lunch & Learn, breakfast seminar, half-day workshop, or "Train-the-Trainer" program(s).*