



The Squamish Nation Business Office Presents:

BUSINESS CONFIDENCE & COMMUNICATION WORKSHOP

January 30 & 31st - Totem Hall



The Squamish Nation Small Business Office would like to offer all interested SN Membership the opportunity to sign up and participate in our *“Business Confidence & Effective Communication” Workshop.*

In business or personal areas of life, having a core belief in oneself, good communication skills and the ability to go after what you want is the key to a happy, healthy, successful existence.

Whether you are an **entrepreneur, working for someone else, or a stay at home parent** – this workshop will help you become more empowered each day as you work towards the attainment of your goals.

And, as you gain more mastery of self, the outcome can also have a very positive affect on those around you.

TRAINING OBJECTIVE

In today’s busy society and the pressures many of us face, it can be a challenge to balance work and personal responsibilities. We may often feel overwhelmed. Our inner world is a reflection of our outer world therefore, with a clearly defined purpose, inner confidence, and the ability to take inspired action, we can do amazing things!

This course will give you the knowledge and tools to:

- Define confidence and learn how to build yours to enhance your life.
- Set achievable goals that you can work towards with tips on steps to take.
- Increase self-awareness and communicate more effectively with others.
- Learn how to make YOU a priority and kindly say “no” when you are maxed out.
- Learn the 7 habits of highly successful people.
- **Overcome procrastination** and make great things happen.
- Discover how to win friends and influence people.
- Recognize how fear holds us back and learn simple steps to overcome it.
- Discover ways to ignite your energy levels, reduce stress and anxiety and live with purpose.
- Be more organized in your daily activities at work and home.
- Gain insights on living in the present instead of being stuck in the past or worried about the future.
- Learn how to focus your attention on the things you can control and change.
- Enhance your creativity and use it to make your life more fun and highly productive.
- Gain daily tips to increase inspired action that lead to desired outcomes!

The 2-day Workshop will take place at **Totem Hall** on:

Saturday, January 30th and Sunday, January 31st, from 10AM to 4PM

This is an excellent opportunity to learn how to further develop your inner self and increase your ability to take action toward the fulfillment of your life goals.

If you want to be more inspired to have the life you dream ofPlease join us!!
This is a free and valuable course!

Lunch and Snacks will be provided each day!

Spaces are limited so please register ASAP!! Please contact Geena Jackson at: 604-306-7736 (cell) or geena_jackson@squamish.net

*******THIS IS AN EXCELLENT COURSE TO TAKE IF YOU ARE THINKING OF APPLYING FOR THE SNT 2016 GRANT!!!!*******