



energizing ideas

WORKSHOP

Thriving As Your Authentic Self in Today's Workplace

The woman behind the registration table was incredulous when I introduced myself as the lunch speaker. “I thought Duke Power was sending an engineer,” she said. All 5’2” of me in skirt and heels had not conformed with her assumptions of what an engineer looked like. But I am an engineer! I learned to thrive as my authentic self throughout my 45+ year career. In this half-day workshop, I’m going to share some of my strategies for thriving that anyone can incorporate into their career and lives.

Showing up as our authentic selves leads to higher productivity, a higher level of job satisfaction and a better life for everyone. This workshop builds on each individual’s existing skills and provides them with stories, interactive exercises and resources to enable them to thrive in today’s workplace as their authentic selves. Each attendee will receive a signed copy of the presenter’s book *Over, Under, Around, and Through: How Hall of Famers Surmount Obstacles* which contains fifty stories of how individuals used ten skills singly or in combination to overcome the significant obstacles they faced in their lives to enable them to live as their authentic selves. The workshop is intended as personnel professional development training. It can be conducted at the venue of your choice—on-site, off-site, at retreats/advances, conferences, expos and conventions.

Specific skills that will be addressed during the workshop with tips for enhancement include:

Making New Habits and Breaking Old Ones
Emotional Intelligence
Resilience

Optimism
Networking and Social Support
Humor

Presenter



Jill S. Tietjen, P.E., is an author, international speaker and electrical engineer. She is a graduate of the University of Virginia (UVA) where she was a member of the third class that included women. As one of the first ten women to graduate in engineering from UVA, she has been a pioneer since college and throughout her years in the electric utility industry. Jill earned her MBA at the University of North Carolina at Charlotte. She has been inducted into the Colorado Women’s Hall of Fame, the Colorado Authors’ Hall of Fame and the National Academy of Construction.

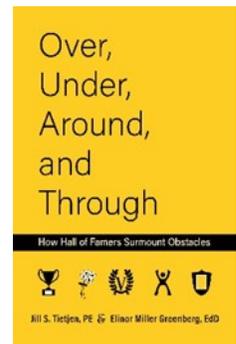
Pricing

\$100/person. \$5,000 minimum. 100 people maximum. More than 100—Let’s talk.

Travel expenses to be reimbursed at cost.

Organization will purchase a discounted copy of *Over, Under, Around, and Through* for each attendee. Jill will facilitate the discounted purchase through the publisher, Fulcrum.

PDHs available for attendees.



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