

Oakland Community College

A CALL TO WHOLENESS

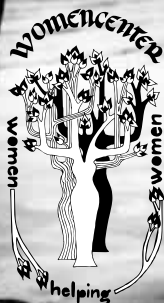
♀ annual women's conference

SATURDAY, MARCH 19, 2011

Presented by the OCC Womencenter

**BALANCE: WHO FORGOT
TO TELL ME THE FORMULA!?**

Pam Micallef, MA, LLPC
will challenge you to create change



KEYNOTE PRESENTATION

BALANCE – WHO FORGOT TO TELL ME THE FORMULA!?

Do you ever look around and see other people, with such purpose, moving effortlessly along in their day, and wonder how they have it all on track? They have their “to do” list, that air of confidence, and they surely must sleep great at the end of each day! What is their secret!? Is there a formula that we somehow missed? Maybe we were absent from school that day? Or maybe it is time to challenge ourselves to be “that person” instead of marveling at them. In this discussion, we will look at how we balance our “to do’s” with who we are, and even more importantly, with who we want ourselves to be. It definitely is long overdue – our own walk in confidence and restful night’s sleep! Let’s talk about what might be most critical to us to create our own formula for balance.

THE CONFERENCE

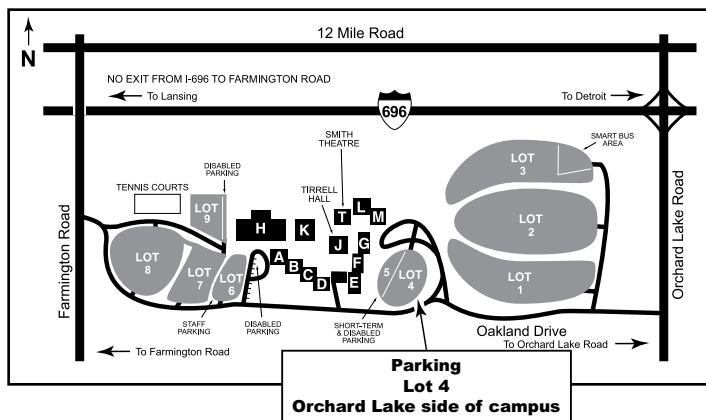
The registration fee of \$40 includes the keynote presentation, two workshops, continental breakfast, lunch, and the concluding session. Preregistration is strongly advised. We will try to accommodate on-site registration, but cannot guarantee availability

PREREGISTRATION ENDS MARCH 10.

Vendors will display information as well as items available for purchase. Five-minute chair massages will be available for a small fee.

LOCATION:

OCC – Orchard Ridge Campus – Tirrell Hall (J-Building)
27055 Orchard Lake Road, Farmington Hills, MI.



Pam Micallef, MA, LLPC is a licensed professional counselor who received her Master's in Counseling from Oakland University. She currently serves as an adjunct counselor and instructor at Oakland Community College, is an independent recruiting/employment consultant, and is past-president of the Michigan Career Development Association. Married 22 years (to an obviously patient man), she has 2 daughters (1 in college, 1 high school senior). Her community involvement includes work in: Education/ State Legislative action group, Parent-Teacher Council Secretary, Senior All-Night Party Chair, Huron Valley District Parent Council Rep, classroom volunteer instructor, and Grant Review Chair for the Huron Valley Education Foundation.

Please come to this conference with a willingness to participate, give, and receive.

QUESTIONS AND INFORMATION:

ph. **248.522.3642**

CONFERENCE SCHEDULE Saturday, March 19, 2011

- 8:30-9:00**
REGISTRATION AND COFFEE/TEA
- 9:00-10:45**
WELCOME AND KEYNOTE PRESENTATION
- 10:45-11:00**
BREAK
- 11:00-12:30**
WORKSHOP SESSION I
- 12:30-1:30**
LUNCH AND VENDOR EXHIBITS
- 1:30-3:00**
WORKSHOP SESSION II
- 3:00-3:30**
CONCLUDING SESSION



Affirmative action/equal opportunity institution.

BR 378 BRO 1/11

SESSION I 11:00 am - 12:30 pm

HELP! I'VE GOTTA GET ORGANIZED

Debi Weinstein, Professional Organizer – I've Gotta Get Organized

Overstuffed closets? Paperwork in piles? Missed appointments? Is stuff taking over your life? Do you feel out of control? If the answer is “yes,” you need to explore the reasons for failing to master organization in the past and learn techniques for getting and staying organized. Learning proper organizational skills can change your life!

BELIGHTFUL YOGA – BE LIGHT. BE FULL. BE U.

Lisa Ballo, Registered Yoga Therapist (RYT), owner – Belightful Yoga, LLC

Celebrate you as we focus on balance and breath. The yoga tools taught will provide an outlet for stress and a passage to internal calm supporting you in making decisions, taking risks and getting more enjoyment out of each day. This fun, light-hearted class will include discussion and poses. Wear comfortable clothing. No prior yoga experience necessary, mats provided.

FACE READING TO RAISE YOUR EMOTIONAL IQ

Lin Klaassen – Face Reading By Lin

People not only come in all shapes and sizes, but they come with different personality types as well. People are individuals, with as many similarities from one person to the next as differences. Learn to use the art of face reading to communicate most effectively. Learn to communicate with people in their own individual preference style, using face reading, their language, their body gestures, and their pace and intonation. **Bring a mirror** for your personal observations.

MINDFULNESS AND MEDITATION

Amy Tschirhart, MA LPC – University of Michigan Medical School Counselor

In this workshop we will be exploring how to use mindfulness and meditation to increase the sense of calmness in our everyday lives. I invite you to come and discover how meditation can help you bring a sense of peace into your

busy life. We will be practicing techniques and participating in some relaxation exercises that will hopefully inspire and empower you to continue well after the conference has finished.

MEMOIR AND CREATIVE WRITING

Joy Gaines-Friedler, Poet

At the conclusion of this workshop, you will have the materials to create at least a dozen poems, short stories, or other creative writing projects. We will do a memory exercise, a “free-write,” and other creative exercises that will spark your imagination as well as provide the framework for metaphor and simile. You need not have ever written a thing to enjoy this session, but if you have, you will be given tools to go deeper or to create more meaningful writing.

SESSION II 1:30 pm - 3:00 pm

MAKE YOUR POINT WITHOUT LOSING YOUR DIGNITY

Becky Bortak, MA, LLPC, NCC – Eastwood Clinics Rochester Hills

As women we often find ourselves caught in the extremes of being “too nice” or being seen as difficult. The problem is neither side allows us to accomplish our goal. This workshop will offer women the understanding of how to set boundaries and ask for their needs to be met, by being assertive instead of aggressive, and show how passivity leads to more difficulty in relationships.

A WOMAN'S ROAD MAP TO HEALTHIER, MORE MINDFUL NUTRITIONAL OUTCOMES

Barbara M. Beznos, RD, LD/N – CEO/Principal Nutritionist, Integrated Nutrition, LLC

As women, we can live longer, healthier and better lives by embracing sound nutritional choices and positive behaviors that involve maintaining an active mind, curbing stress eating, reducing the risk of disease, maintaining healthy insulin and blood glucose levels, achieving hormonal balance, lowering our body fat, balancing essential fats in our diet, and more.

WHOLENESS IS PRICELESS: MONEY STRATEGIES TO EMPOWER THE LIFE YOU'LL LOVE IN 2011 AND BEYOND!

Eudora Adolph, MBA & Certified Wealth Strategist – AverTrust Wealth LLC

Women crave financial security, especially today, but recent economic times have shaken any feeling of stability. While it can be hard to manage daily finances in tough times and still build a strong long-term foundation, it can be accomplished. With knowledge, planning and focus, you can feel financially confident and secure at any stage of life. This workshop will give you specific tools and a sense of empowerment for taking control of all your money matters including budgets, family care, investments and retirement. Lack of financial worry IS truly priceless and a key component to achieving personal wholeness.

USING ART TO RECLAIM THE SELF

Karen Schurgin, MA, ATR, NCC – Samaritan Counseling Center

Participants will utilize various art materials to create imagery to represent the self and explore the many facets of their personalities. Symbols and imagery will foster creative

expression and inner dialogue, enhancing the continual process of personal balance.

GET ON THE BALL!

Diane M. Urquhart, NCTMB, NMT (Neuromuscular Therapist) – Structural Bodywork, Touch Therapy Associates, Henry Ford Center for Integrative Medicine

Have you been hesitant to try using a large fitball, possibly being fearful of rolling too far? Playing ball can be a fun, de-stressing activity that will enhance flexibility and balance, so necessary for healthful longevity. Learn more as we have some fun conquering our fears, safely rocking and rolling in pairs. We'll practice basic moves upon which you can later expand. Focus will be on stretching connective tissue to offset poor posture, soften stiffness, and unwind! We'll provide the balls or bring your own.

REGISTRATION FORM

Due to limited seating in A Call to Wholeness Annual Women's Conference workshops, preregistration is strongly advised. Registration fee includes the keynote presentation, two workshops, materials, and lunch.

Registration fee is \$40 – Preregistration ends March 10.

Please make check payable to: Oakland Community College.

PLEASE PRINT

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Amount enclosed \$ _____

Please indicate your first and second choice for each session.

SESSION I 11:00 am – 12:30 pm

- Help! I've Gotta Get Organized
- Belightful Yoga – Be light. Be full. Be U.
- Face Reading to Raise Your Emotional IQ
- Mindfulness and Meditation
- Memoir and Creative Writing

SESSION II 1:30 pm – 3:00 pm

- Make Your Point without Losing Your Dignity
- A Woman's Road Map to Healthier, More Mindful Nutritional Outcomes
- Wholeness is Priceless: Money Strategies to Empower the Life You'll Love in 2011 and Beyond!
- Using Art to Reclaim the Self
- Get on the Ball!

Please send an e-mail confirmation to _____
(e-mail address)

Send registration to: **Oakland Community College
Orchard Ridge Campus
Womencenter
27055 Orchard Lake Road
Farmington Hills MI 48334-4579**