



Epsilon Sigma Alpha Regional Leadership Seminar

March 14, 2020
St. Louis, Missouri

Join ESA members and prospective members for a day full of leadership training. Sessions are designed to benefit you in your job, your ESA chapter, and anywhere else you consider yourself a leader. We hope you can join us!

Seminar Topics:

It's OK to say NO: Often times we feel like saying “no” isn't an option. In fact, agreeing to everything often leads to unsatisfactory outcomes and burnout. Learn how to protect your time, set boundaries, and start making more time to do the things you love.

Leverage Your Strengths: We all have to do tasks that we don't particularly enjoy. That's part of life. What if I told you it doesn't have to be so hard? Learn how to leverage your strengths to accomplish your task list without procrastinating the day away.

Dealing with Difficult People: In work and in life, it's inevitable that you will have to deal with people who are hard to work with. Learn about different communication styles and how to resolve conflicts and keep the peace.

Birth Order and Leadership: Are first-born children destined to become domineering bosses? Are younger siblings likely to be free-spirits? Learn about how birth order affects our leadership roles and personality in this fun session.

Mentoring in a Non Profit Organization: In all walks of life, in order to excel, you need mentors. Ask yourself these questions: *Does your chapter have a mentorship program? Can your mentorship program be improved?* We will discuss these questions and more. You will also walk away with templates for tracking your mentorship program along with useful guides for both mentors and mentees. *(presented by local Toastmasters)*

...and more!

Other Topics and Activities:

Networking

St. Jude updates

Trivia and prize opportunities

Seminar details:

Location: Holiday Inn St. Louis Downtown—Convention Center, 9am—4pm

Fee: \$105 (lunch and all conference materials included)

To register: www.epsilonsigmaalpha.org/events

*All ESA members and guests are welcome!