



Dr. Ernest Mendes

...has a diverse professional background that includes experience as a classroom teacher, a licensed psychotherapist in private practice, an executive coach, and a professional development trainer. He holds a Ph.D. in Psychology and was one of the first to do a doctoral study on Emotional Intelligence (E.I.).

His book *Empty the Cup...* is a best seller with practical activities to build effective relationships at work and in the classroom using E.I. theory and neuroscience. His recent book *Engage 4 Learning* uses four main brain systems to engage K-Adult learners in educational settings.

presents

MINDFUL LEADERSHIP, COLLABORATION, HIGH-PERFORMING TEAMS, & FAMILIES

We invite you to join us!

This interactive and information-based training will explore effective leadership principles and engagement strategies to use in groups. The skills learned can also strengthen the family unit.

Participants will learn:

- Dynamics of high performing teams
- Hidden element of adult motivation
- Steps to problem solving
- Models of decision-making
- Understanding decision fatigue
- Shifting from facilitator to participant in a group
- Communication/conflict styles
- Norms for collaboration and team building

REGISTER

**THURSDAY
SEPT 27**
Miner's Inn Convention Center
YREKA
9:00 - 4:00PM
Lunch is provided!

<https://www.surveymonkey.com/r/DrMendes>

Questions? Please contact (530) 918-7222.

