

DYNAMIC COACHING SERIES



Presented by **Dr. Ernie Mendes**

Dynamic Coaching is a blend of reflective and directive approaches that are used to develop and support others in their role as parents, team members, and leaders. The skills gained in these sessions include navigating difficult conversations, motivating adults, youth, and children, teaching, group facilitation, parenting, and more.

Learn the mindsets and conversation moves to enhance communication with others. Increase your skills to navigate through times of uncertainty and support others in being their best self. Participants will learn through content, modeling, practice, and feedback. The skills are transferable to online platforms as well as in person.

Participants in this series will learn how to:

- > Hold reflective conversations that move people to insight and change
- > Craft questions that elicit an individual's internal resources
- > Reduce defensiveness in conversations
- > Increase accountability and self-awareness
- > Build rapport
- > Leverage influence
- > Enhance relationships
- > Ensure that Learning lasts

This high-quality training is made possible at no cost to participants because of collaboration and funding support of the following organizations. First 5 Siskiyou encourages others to join in this effort. Together everyone achieves more. To join in this partnership, contact Karen Pautz at 530.261.1297 or karenpautz@first5siskiyou.org.

Join Dr. Ernie Mendes and our virtual community for **5 Dynamic Coaching training sessions** on what should be a very informative and rewarding journey. This course consists of one training session each month, from February 25th through June 17th. There will be a particular emphasis on enhancing communication with others and supporting others in being their best self.

Register for each session at:

<https://first5siskiyou.org/ernie/>

Live sessions via Zoom

Register by phone: 530.598.3905

**Each training session is from
9:00am to 12:30pm**

2021

**FEB
25TH**

**MAR
31ST**

**APR
29TH**

**MAY
27TH**

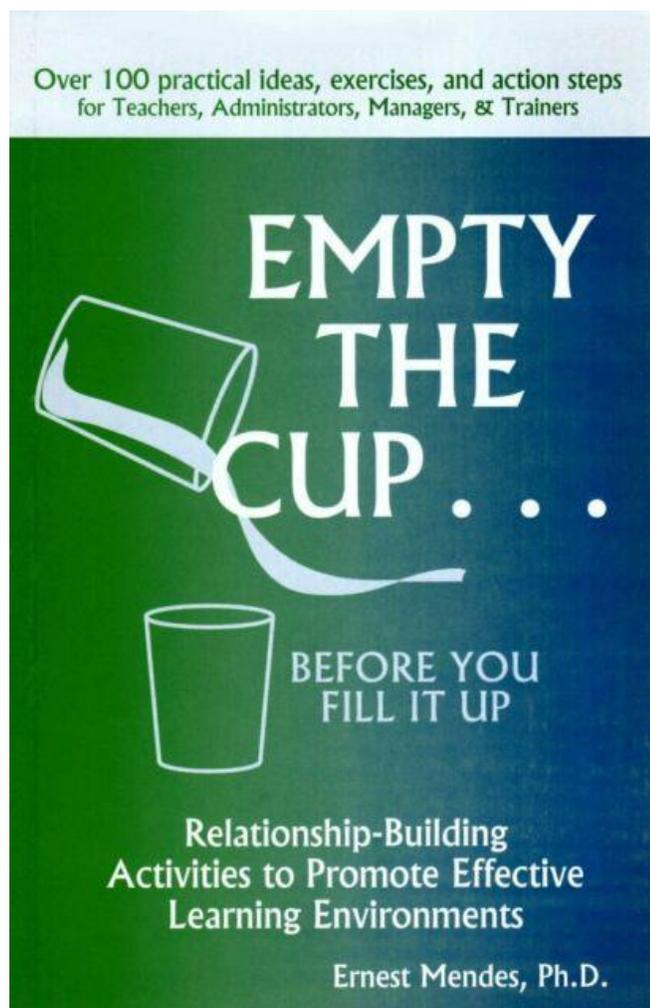
**JUN
17TH**

More about...

Dr. Ernie Mendes



Dr. Mendes' best-selling book, *Empty the Cup... Before You Fill It Up*®, combines Brain Research and Emotional Intelligence theory and is about creating mental and emotional space for learning.



Dr. Ernie Mendes is an author, executive coach, consultant, and a professional development trainer. He has been training teachers and leaders since 1988 and has worked with thousands of diverse organizations in the public and private sectors, including businesses, school districts, law enforcement agencies, and medical centers. Dr. Mendes' diverse professional background includes a combined 23 years as a classroom teacher at the secondary and post-secondary level and 11 years as a licensed psychotherapist in private practice. He holds a Ph.D. in Organizational Psychology. His trainings consistently receive the highest reviews.

Dr. Mendes was one of the first to do a doctoral study on Emotional Intelligence (EI). He studied The Relationship Between EI and Occupational Burnout in Teachers. His book *Empty the Cup Before You Fill It Up*® is a best seller with practical activities to build effective relationships at work and in the classroom using EI theory and neuroscience. His book *Engage 4 Learning* uses four main brain systems to engage K-Adult learners in educational settings.

Ernie has put in the time and resources to become an expert in his field. He is a Licensed Marriage & Family Therapist (MFT) with specialized training in Neurolinguistic Programming (NLP) from Adept International, Cognitive Therapy of Depression (Beck, Seligman, Shaw), Guided Imagery (Rossman, Bressler), Facilitation Skills (Canfield, Noble, Martin, Rutte), Quantum Learning from the Learning Forum, Research Based Approach to Marital Therapy (Gottman), Treatment of Anxiety Disorders (Burns), Understanding and Treating the Brain in Clinical Practice (Amen), Brain-Based Teaching & Learning (Jensen), Cognitive Coaching, Thought Field Therapy (Danzig), and Mindfulness Based Stress Reduction (MBSR) from the UCSD Center for Mindfulness.

Ernie's hobbies have included music (playing guitar in various groups/bands) and martial arts. Ernie studied TaeKwon Do for 15 years, earning a 3rd degree Black Belt and merely months away from testing for his 4th degree, he became interested in Brazilian Jujitsu (which was new to America -- before the MMA scene). He studied Brazilian Jujitsu for almost 5 years earning a purple belt (the rank before brown belt). With an increased work schedule, the responsibilities of parenting, and a few injuries, Ernie transitioned from martial arts to yoga and swimming.