

Women's Strength, Talents and Confidence Workshop

Betsy Smith, PhD, ACC



"I gain strength courage and confidence every time I face fear...I say to myself, I've done this before, I can do it again. We must do the things we think we cannot do." Eleanor Roosevelt

Who: Women who want to maximize their talents, strengths and confidence

What: Intensive, Interactive Workshop

Why: You know the feeling, the sweaty palms, the knot in the pit of your stomach, the hair raised on your neck... These are the indications of fear about someone or some issue. This fear intrudes into our professional and personal lives.

Each of us is gifted with talents, strengths and skills – yet too often, we fail to make the most of them for our success.

I promise, in this workshop you will

1. Identify your unique talents and strengths and
 - A. Learn how to capitalize on them to build confidence
 - B. Learn how to identify strengths in others to support you
 - C. Learn how to take full advantage of your personal power
2. Discover your core values and
 - A. Say no with ease
 - B. Say yes and mean it
 - C. See new opportunities

When: Thursday, May 7, 2009 ~ 5:30 – 8:30 pm

Where: The Studio, Morrisville

Fee: \$109.00 (light dinner included)

\$99.00 for Coffee and Contacts Members and W5 members

To register go to www.studiopartyspace.com

To buy Strengths Finder 2.0 by Tom Rath: www.amazon.com,
www.barnesandnoble.com, www.borders.com

Questions? betsy@elsmithconsulting.com

919.521.4734

About Betsy Smith, PhD

Leadership is not for the faint hearted. Betsy's varied experience in many leadership roles gives her the distinction of having the knowledge of leadership theory and philosophy, and of experiencing the "hard knocks" and the "rewards" of leadership.



Excellence, not average is her measure. She focuses on strengths as a way to maximize personal and group excellence. Strengths fascinate Betsy. She coaches people to capitalize on the gifts with which they are blessed – and to stop bemoaning what they lack. Her clients become experts at implementation of the elegantly simple concept of clarity. The unique qualities of each individual intrigue Betsy. She focuses on the differences between people and concentrate on what is special and distinct about each person.

A few of Betsy's leadership roles include:

- Pensacola Chamber of Commerce: Chair of Leadership Pensacola and Chair of Health Initiatives Task Force
- Community organizations: Chair Pensacola Symphony Orchestra Board and Charter Member and President of Cordova Rotary
- Professional Organizations: Lead Organizer, 2006 Research Symposium, International Coach Federation, President, National Council on Community Services and continuing, American Association of Community Colleges and Graduate of the Cornell University Inaugural Leadership Seminar.

A proud Texas Aggie, her motto is *be bold and mighty forces will come to your aid*. Betsy's sense of humor, energy, and zest for life create her unique coaching style – fast paced, purposeful with great results, and – fun. She has a BA from the University of Texas, MED and PHD from Texas A&M University. Betsy was recognized as one of Thirty Distinguished Graduates from the Texas A&M College of Education on the thirtieth anniversary of the college.

Betsy is a certified coach through the International Coach Federation and was the Lead Organizer for the 2006 ICF Research Symposium.