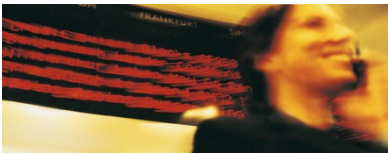


Get What You Want **at Work**

IT'S NOT WORK DUTIES THAT STRESS PROFESSIONALS...IT'S THE CHALLENGES AROUND WORK RELATIONSHIPS THAT CAUSE STRESS IN WORK ENVIRONMENTS.



This hands-on, interactive and practical workshop will help you to figure out exactly what you want (and why), adopt a clear

format for making requests, reveal a strategy for managing conflict, and increase your confidence.



What might happen to your career if you could:

- Figure out exactly what you want (and need) to succeed at work?
- Make a compelling case for what you want?
- Learn how to say “No” to what gets in the way?
- Manage difficult conversations (instead of avoiding them or overreacting)?
- Build the confidence to deal with the problematic relationships you struggle with today

Your investment is **\$129**
(plus completed pre-work and
a commitment to take action)

Join experienced, certified executive coaches **Marjorie Johnson** and **Lisa Tierney** *and walk away with an action plan to take charge of your work life. To Register:*

<http://www.eventbrite.com/e/get-what-you-want-at-work-tickets-8615823159>

Wednesday, June 4, 2014
8:30 am – 11:30 am

at the office of Fox Rothschild, LLP
10 Sentry Parkway, Suite 200
Blue Bell, PA 19422-3001
Tel: (610) 397-6500
Please use 300 Sentry Pkwy East for
GPS)



Registrants will be expected to complete a pre-workshop survey (10-20 minutes) and arrive ready to work. ▶▶▶



Your Workshop Facilitators

Marjorie Johnson, MSW, PCC - Marjorie is founder and President of Ascend Consulting, a professional services firm providing career and executive coaching, leadership training and development, and personal consultation to executives and self-employed professionals. Marjorie helps clients advance their careers by teaching them how to set clear business goals, navigate organizational dynamics, and improve focus and overall performance. Under her guidance:

* Leaders seeking greater business success can improve their communication skills, personal productivity, decision-making, social interactions, public speaking, and work-life balance, thus realizing their full potential as their careers advance.

* Entrepreneurs wanting to take their businesses to the next level learn and practice specific strategies and techniques to achieve the success they dream of.

* Organizations develop their employees to perform more effectively under stressful conditions, improving collaboration and communication across teams.

Marjorie's coaching is informed by mindfulness and emotional intelligence. She utilizes various assessment tools to uncover clients' strengths, interests, and opportunities for development.

An expert in using Mindfulness to enhance Emotional Intelligence and leadership effectiveness, she created the CD, *Come to the Quiet: Mindfulness Meditation for Relaxation and Healing*. It is applicable to both personal and professional endeavors and is available for purchase at **www.ascendconsulting.net**.

Effectively managing work relationships - through clear communication and conflict resolution - is the key to improving your overall professional experience.

Lisa Tierney, CLSC - Lisa is a certified life strategies coach and a consultant to professional service providers. She founded TIERNEY Coaching & Consulting, Inc. because, as she puts it, "I want to save corporate America ... by empowering its professionals ... one at a time."

Her firm, TIERNEY Coaching & Consulting, Inc. serves individuals and multi-partner service firms across the country, offering a unique blend of traditional consulting with professional coaching. TIERNEY coaches address all the nuances of SUCCESS (mind + body + spirit).

Customized professional development plans empower professionals to harness their strengths and abilities in a natural way that makes them feel comfortable and allows them to shine - as they attract their ideal clients, reduce conflict and enjoy clearer communications with those around them. The ongoing coaching relationship is the key factor to shifting perceptions and overcoming long-standing obstacles to move them toward their goals.

"Our clients enjoy increased self-confidence and higher self-esteem, adopt a more relaxed, yet authoritative demeanor, start asking more questions, treat clients with a more consultative approach - and benefit from a natural growth in their practice area. The professionals who choose to work with us say that coaching has improved their overall work experience. And nothing could make me happier!" – Lisa Tierney. Learn more at **www.TIERNEYCoaching-Consulting.com**.