

*“If you want your life
to be more rewarding,
you have to change
the way you think.”*

– Oprah Winfrey



Northrop Auditorium columns, East Bank campus

Bold Moves: Professional Change Through Intentional Choices

*Free Inspirational Event and
Education Fair for Adults*

Thursday, March 26, 5:30-8 p.m.

Continuing Education and Conference Center
St. Paul campus

COLLEGE OF CONTINUING EDUCATION

UNIVERSITY OF MINNESOTA

“We do not change as we grow older; we just became more clearly ourselves.”

– Lynn Hall

“Change your thoughts and you change your world.”

– Norman Vincent Peale

“Only I can change my life. No one can do it for me.”

– Carol Burnett

“Human beings, by changing the inner attitudes of their minds, can change the outer aspects of their lives.”

– William James

Change your mind. Change your life.

We all know that being a grown-up doesn't mean we're finished growing. Throughout our lives, we take on challenges, make leaps to new jobs, or even change careers. But in these tough times, you may feel like your future is out of your control.

You control a lot more than you think. We'll prove it.

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Take a break from the daily grind to see what tomorrow could bring. Join the U's career counselor Janet Pelto and special guest speaker Donna Bennett for **Bold Moves: Professional Change Through Intentional Choices**. Discover innovative ways to change your thinking, challenge your fears, and plot bold plans for the next phase of your professional life. The evening's activities include:

Janet Pelto Workshop (6-6:45 p.m.)

Identify your patterns of change—both past and current, and then work as a group to understand common themes individuals have in their fears of change.

Donna Bennett Keynote (6:45-7:30 p.m.)

Learn ways to create new and innovative approaches to change, make a commitment to challenge yourself, and become open to bold actions based on your core values.

Continuing Education Fair (5:30-6 p.m. and 7:30-8 p.m.)

Before and after Janet and Donna's presentations, University advisers who specialize in helping adults return to school will be on hand to discuss a wide array of educational and career service opportunities geared toward helping adults meet their personal, professional, and academic goals.

Information tables include:

- Evening, online, and summer courses
- Self-designed bachelor's and master's degrees
- Applied degrees
- Short professional development courses and certificates
- Financial aid and funds for unemployed professionals

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To RSVP:

Return the attached card (*below*)

Visit www.cce.umn.edu/March26Event

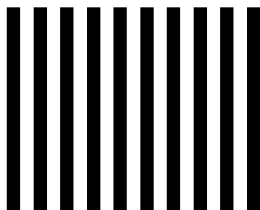
Or call 612-624-4095

On the Web you'll also find:

- Degree and certificate details
- Course catalogs
- Details on financial aid and funds for unemployed professionals

Offer Code: 1530

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1890 Buford Avenue

St. Paul, MN 55108



Please cut or tear at perforations.

Change your mind. Change your life.

Career counseling and distinctive learning opportunities for adults.

I'd like to:

- Attend **Bold Moves Event and Education Fair** on March 26, 2009, 5:30-8 p.m. (182692)
- Bring a friend.

Friend's name

Friend's e-mail address (So we may send a confirmation and directions.)

Receive information on:

- Degrees, certificates, and evening and distance courses (FALC)
- Weeklong summer art, design, and writing workshops (SRAC)
- Professional development courses and certificates (CPEC)
- Personal enrichment courses in art; literature; self, society, history; and science (COMC)

William Hendrickson
340 Coffey Hall
1420 Eckles Avenue
St. Paul, MN 55108-6069

Enter e-mail address if you'd like to receive updates. (EMAL)

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Change your life.***

Find out more

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U of M St. Paul campus

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