

COAAA Professional Education

March 20, 2018

9:00AM - 3:15PM Registration begins at 8:30AM



Emotional Control & Self-Discipline: This workshop will help you deal with negative emotions and provide techniques to change ineffective habits. Participants will learn strategies to handle anger in themselves and in dealing with others who are angry; understand 'demandingness' and its effect on self and others; manage conflicts more effectively; deal with issues requiring self-discipline (overcoming procrastination and being able to deal with change); and use a goal setting process that is designed to help participants achieve goals.

Speaker *Ruth McMonagle MBA, MSW, LISW-S* has been an independent trainer and consultant for over 30 years, specializing in management / supervisory training and increasing personal effectiveness. She is a lecturer, workshop facilitator, consultant and counselor. She holds a Master's Degree in Social Work and Business Administration. Ruth is a member of American Society for Training and development. She is a licensed independent social worker in the State of Ohio.

Objectives

At the conclusion of this workshop, participants will be able to:

- Identify the positive and negative effects of anger and know ways of dealing with personal anger and anger in others
- Identify the 8 most common causes of conflict and how to use the knowledge of the 'cause' of the conflict to deal with it effectively
- Know the 5 styles of conflict resolution and know when and how to use each
- Understand the most common reasons for change resistance and know productive strategies for responding to unwelcome or unexpected changes
- Define 'irrational thinking' and know approaches for dealing with pressure and stress
- Bring more self-discipline into their lives, know how to set goals and follow-through on projects and ideas

Hours

5.0 Social Work Clock Hours (#RSX059002) 5.0 BELTSS (040-C-18)
5.0 Counselor Clock Hours (#RCX109207)



The Ohio Board of Nursing accepts events approved for Counselors & Social Workers for Continuing Nurse Education Contact Hours.

Central Ohio Area Agency on Aging

3776 S. High St., Columbus, OH 43207

614-645-7250 1-800-589-7277 www.coaaa.org coaaa@coaaa.org

Your Aging and Disability Resource Network

COAAA Professional Education

March 20, 2018

9:00AM - 3:15PM
Registration begins at 8:30AM
Doors to Education Center Open at 8:30AM

Fee \$75.00

The workshop fee includes coffee, tea, and handouts. Lunch is not included.

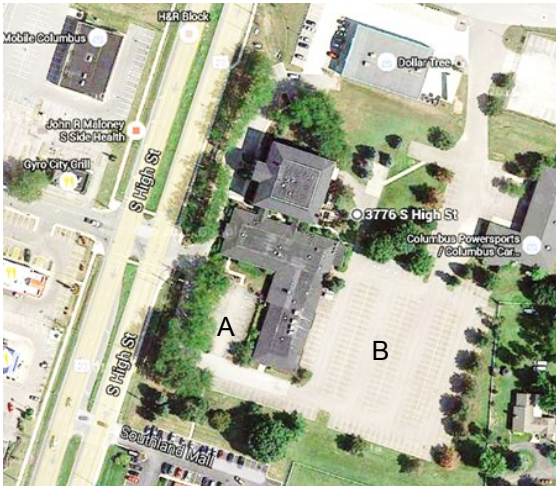
LATE REGISTRATION: \$85.00 (after 3/13/18)

A **REFUND** will be made **ONLY for cancellations received 5 work days prior to the event**. If less than 5 days, a credit can be issued for use at another program within the next year. If notice of cancellation is not received before the date of the program, no credit can be issued. Any checks returned will be subject to a \$15 bad check fee by the City of Columbus.

Please Note

Room temperatures can be difficult to control; dressing in layers adaptable to warm and cool temperatures is recommended. This training will be held at COAAA, 3776 S. High St., Columbus, OH 43207. The entrance to the training facility is in the low rise building to the far right when you enter the grounds. Parking is free, and light refreshments are available.

Directions



COAAA is located at 3776 S. High St., Columbus, OH 43207. When you arrive, please park in front of the low rise building to the far right when you enter the grounds (Parking Lot A). If this lot is full, please park in the back of the building in the larger lot (Parking Lot B) and then return to the training facility entrance.

Directions from 315 S/71 S: Continue onto 71 S. Take I-71 S to 270 E. Take exit 52 from I-270 E, and merge onto US-23 N/S High St. The new facility will be on your right.

Directions from 270 E: Take exit 52, and merge onto US-23 N/S High St. The new facility will be on your right.

Directions from 270 W: Take exit 52A, and merge onto US-23 N/S High St. The new facility will be on your right.

Please Note: US-23 and S. High St. run concurrently.

In case of inclement weather, please call (614) 645-3885 to see if the workshop has been cancelled or rescheduled. In the event of a cancellation or change of date, you will have the option to attend on the new date or receive a credit to attend another workshop within one year.

Registration Form

Deadline March 13

Emotional Control and Self Discipline

Name: _____

Phone: (____) _____

Agency: _____

Email: _____

Address: _____

City/St/Zip: _____

Special Accommodations needed due to disability: _____

Registration Fee: \$75.00 (lunch is not included)

Late Registration Fee: \$85.00 (after 3/13/18)

Purchase Order Attached: # _____

\$ _____ Federal ID# _____

Make checks payable to **City of Columbus**, & mail with registration form to:

COAAA Training & Education
3776 S. High St., Columbus, OH 43207

If using a purchase order, please attach a copy to the completed registration form. Questions? Call (614) 645-7250 or 1-800-589-7277; fax (614) 645-6146. COAAA will not accept registrations over the phone or fax without a purchase order number.