

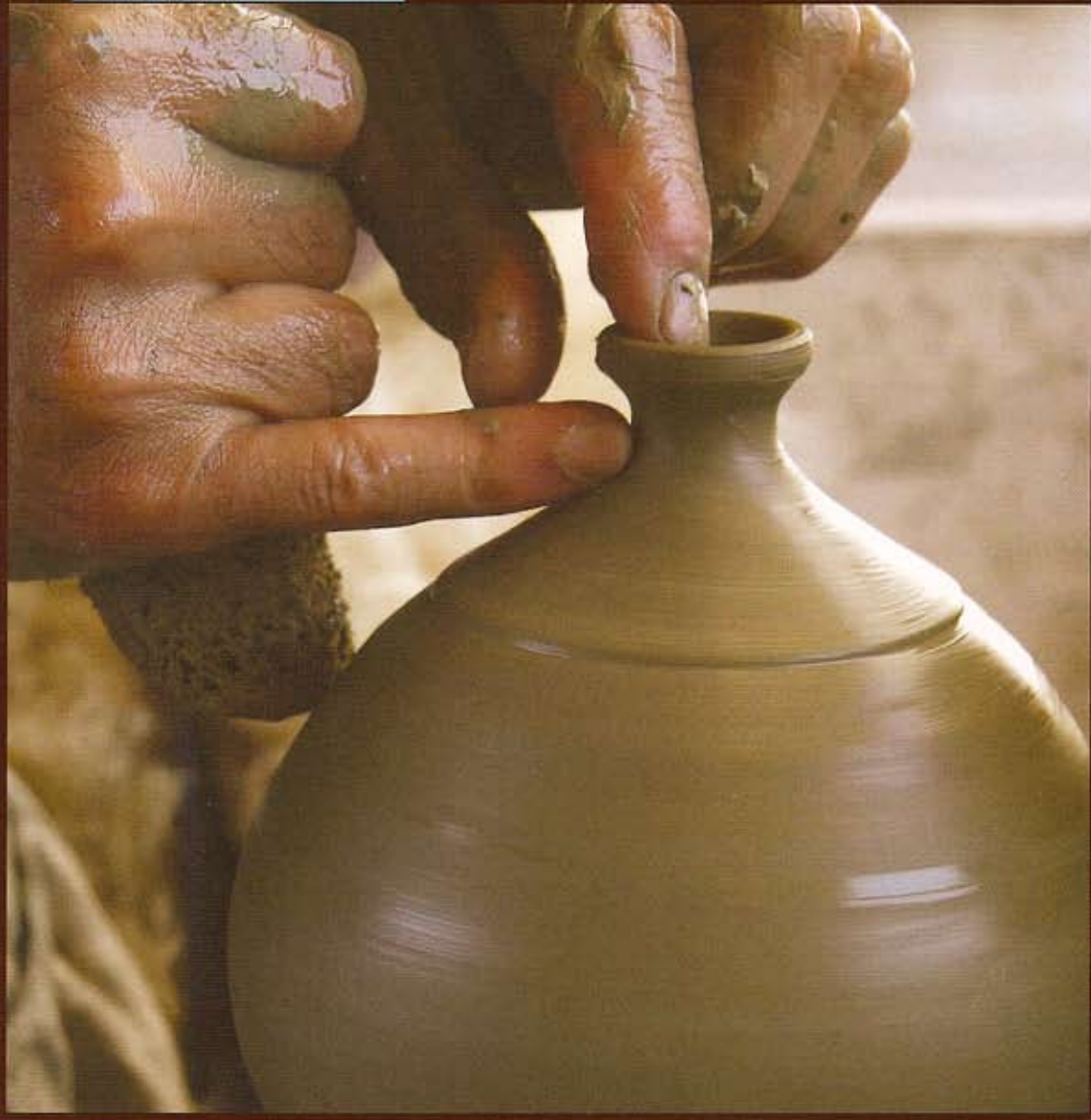


NORTH
SEATTLE
COMMUNITY
COLLEGE

CONTINUING EDUCATION

www.learnatnorth.org

FALL 2007



NETWORK BREAKFAST

Each monthly breakfast features dynamic and inspirational speakers—leaders in business and the community. Display your products, promote your services and increase business and professional contacts.

Achieving your Career Aspirations

Date: October 5, 2007, 7 to 9 a.m.
Speaker: Lisa Quast, Executive Vice President of Strategy Planning for Philips Medical Systems
Place: NSCC Dining Room
Price: \$20 Prepaid, \$25 at the door

Lisa believes achieving success requires more than luck, more than hard work—it requires a plan. To help women take control of their careers and achieve their professional aspirations on their terms, Lisa authored a business self-help book called *Your Career, Your Way! Personal Strategies to Achieve Your Career Aspirations*, that teaches women how to create their very own personal strategic plan using easy to follow, step-by-step instructions and two fictional characters to easily explain the concepts and tools.

During her career in traditionally male-dominated environments, Lisa's business success and personal experiences inspired a passion for helping other women identify and achieve their career aspirations. She founded Career Woman, Inc., a Seattle-based international career development consulting company dedicated to providing women with personal strategies to improve, change or advance their careers, and ultimately achieve their career goals. Lisa is a sought-after professional speaker and business coach.



Get Twice as Much Done with Half the Stress

Date: November 2, 2007, 7 to 9 a.m.
Speaker: Michele Lisenbury Christensen and Sara Harvey Yao, founders of Elements of Power
Place: NSCC Dining Room
Price: \$20 Prepaid, \$25 at the door

Are you already working as hard as you can, but still want more for your business and life? Do you fantasize about having more time and space to enjoy all that you've created, but feel like there's always more to do? So many successful professionals are plagued with stress and think the solution is to drive harder, be more self-reliant and focused. In this presentation you'll learn why more of the same won't work! The way to reduce stress is not about managing your time better, shaving hours off your work day, or taking a six-month sabbatical. You will learn:

- The root cause of business owners' stress—it's not what you think!
- The HUGE point that every time management guru misses about getting it all done with energy to spare
- How to get the break you need...in as little as two minutes
- The #1 most effective tool people have for creating results with incredible ease (hint: it doesn't require more hours in the office!)



From Surviving To Thriving

Date: December 7, 2007, 7 to 9 a.m.
Speaker: Dr. Pat Baccili, Life Coach and Motivational Speaker
Place: NSCC Dining Room
Price: \$20 Prepaid, \$25 at the door

As a life coach, Dr. Baccili has created a unique approach that enables her clients to visualize and live the lives they desire. It is based on the Seven Practices of Positive Change™, which are the foundation of Crust Busting™. The practices are built on the idea that we are always at choice in our lives and our beliefs either get us closer to or move us away from the results we want.

Dr. Pat hosts an internationally syndicated radio show on VoiceAmerica.com Tuesday mornings at 7 a.m. with a rebroadcast at 7 p.m. In addition, she comes to you live from Seattle and across the internet Monday through Friday on KKNW 1150 AM at 10 a.m. PST. Both shows are called Crust-Busting™ Your Way to an Awesome Life with Dr. Pat Baccili.

Pat is acknowledged by her peers for her research on Consequences of Organizational and Leader Psychological Contract Violations, Perceptions of Justice, Emotions and Commitment. She was one of the first organizational psychologists to identify distinct categories of organizational and managerial obligations



to employees and their effect on the employment relationship and the changing nature of work.