



FALL 2023 PERSONAL GROWTH DAY WORKSHOPS

CAREER DEVELOPMENT & PROFESSIONAL KNOWLEDGE

CareerEdge: Real-World Career Advice from Actual Employers! – Sessions 1, 2, 3, 5, & 6 (Presenter: Alicia Engel)

Discover invaluable insights into the professional world as employers from a variety of industries share their expertise, stories, hiring expectations, and career opportunities. Each session's employers will be announced weekly by email from OUAZ Career Services. These are not interviews or job fairs, so casual dress is acceptable. Open to all students eager to explore diverse career paths!

Dining Etiquette – Sessions 1 & 2, 3 & 4, 5 & 6 (Presenters: Sarah Eberle and Marguerite Eberle)

This workshop runs for two sessions and counts at two workshops. During the first two weeks of the workshop, you will learn the proper etiquette for business and formal dinners. Then during weeks three and four, you will have the opportunity to participate in an Etiquette Lab and will be able to practice your skills at a formal dinner that will begin after Spirit Life and go until the end of the PGD workshop time. When signing up for this workshop, please note you are signing up for two consecutive workshop sessions so do not sign up for another workshop right after this workshop (For example, if you sign up for the workshop in Session 1, do not sign up for a different workshop for Session 2 because the Etiquette Lab is during Session 2).

Gearing Up for Grad School – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Heather Faustich)

This workshop will be two hands-on sessions to determine if grad school is in your future. Planning ahead and finding the right program is key to your success in grad school. Come find out what you need to know to be prepared. Please bring your computer or I-Pad with you to this workshop.

How NOT to Work OUAZ's Nov. 3 Career Fair – Session 4 ONLY (Presenter: Alicia Engel)

Learn expert strategies for approaching employers at OUAZ's Fall 2023 Career Fair! Topics include career fair etiquette, elevator pitch, interview skills, and resume review. Gain confidence with mock simulations and personalized feedback. Elevate your opportunities with this interactive workshop.

ADULTING & LIFE SKILLS

Conflict Management and Resolution – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Doug Doran)

Learn a little about the science and psychology of conflict. Discussion on the question: Is conflict good or bad? We will identify together the best course of action for some of our most common day-to-day disagreements, issues, and conflicts.

Cooking Skills 101 – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Will Thompson)

In this experiential workshop, participants will learn basic cooking skills that include culinary essentials such as chopping simple vegetables, preparing an egg breakfast, boiling pasta (al dente), browning beef and thoroughly cooking chicken. Participants will also learn how to prepare an entire meal in one pan.

Effects and Affects of Digital Media – Sessions 2, 3, 5, & 6 (Presenter: Ben Andree)

We are surrounded by media. It affects the decisions we make daily. This course will begin to scratch the surface of how digital media impacts your lifestyle, your decisions, and how you can be more aware of its influence.

Technology Literacy & Skills – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Mike Heard with the City of Surprise)

Learn how to resolve common computer and mobile device problems; learn the basics of why computers run slow and what causes software to not work properly. Learn how to stay safe on the internet, protect your personal data and how to recognize malicious sites and e-mails apart from legitimate ones.



FALL 2023 PERSONAL GROWTH DAY WORKSHOPS

Time Management and Study Skills – Sessions 1, 2, 3, 4, 5, & 6 (Presenter: Susannah Acres)

Participants will learn how to utilize Microsoft Outlook for mapping their classes, practices, job obligations, studying, quizzes/exams, papers, and other commitments. Participants will learn how to apply a scope of work concept and practices to their projects and papers. Tips for study habits will be built upon managing your time.

Unlocking Financial Success – Sessions 5 ONLY (Presenter: Allie Starr with Your Sure Foundation)

Ready to take charge of your financial future? Join our transformative workshop and embark on a journey toward financial empowerment. During this session, you'll gain essential knowledge and practical skills to set yourself up for a lifetime of financial success.

Using Social Media Responsibly – Sessions 1, 2, 3, 4, & 5 (Presenter: Andrew Potter)

This workshop will focus on using and consuming social media responsibly. We will discuss the different forms of social media used by the majority of people and the effects of heavy social media use on our physical and mental health. Furthermore, we will discuss how to best utilize social media in a socially conscious and healthy way.

GENERAL INTEREST & PERSONAL DEVELOPMENT

The Delegation: What Does it Really Look Like to Be a Person of Faith in the Current Culture? – Sessions 1, 2, 3, 4, 5 & 6 (Presenters: Lauren Frazier and Abigail Deshaies)

Come celebrate the wins of the week, talk about the areas where we can grow as individuals, ask questions and receive advice, and get a quick word about how God is speaking in people's lives throughout the week. Participation is key. Come with an open mind and heart. This will be a safe environment and respect for others' differing opinions is a priority. Any disrespect as deemed by the instructor will result in being removed from the workshop. Topics covered may be sensitive to some.

Diversity, Equity and Inclusion – Sessions 2, 3, & 6 (Presenters: Alan Boelter and Andra Rogers)

What is DEI, What's the purpose? How can we have Unity in light of Diversity at OUAZ?

Navigating Life with a Biblical Perspective – Sessions 1, 2, 3, & 4 (Presenter: Russ Smith, Pastor of City Church)

Pastor Russ of City Church will be leading a discussion on how to live the best life possible. Topics will include personal relationships, financial principles, and life after death. No questions or conversations are off limits.

Quantum Leap: Developing an Entrepreneurial Mindset – Sessions 2, 3, 5, & 6 (Presenter: John Williams with The Vista)

This workshop is a personal growth experience designed to take a deep dive into the success models and tools needed to take action on a path or success and prosperity. This workshop includes business owners and entrepreneurs providing tangible tools to young adults in an effort to live your best life.

Self Defense – Sessions 1, 2, 3, 4, 5 & 6 (Presenter: Scott Bowen with Rukkus Athletics MMA and Performance Center)

Learn effective techniques for self-defense, fitness and awareness. Brazilian Jiu Jitsu (BJJ) is one of the best self-defense martial arts in the world. With ground escapes, joint manipulation and even some choke techniques, even a smaller person can defend themselves against a larger opponent or attacker.

REGISTER BY SCANNING THIS QR CODE >>>>>

