



Fall 2024 Personal Growth Day Workshops

Use this chart to plan your Fall 2024 PGD Workshop schedule.

Please note, not all workshops are available all six sessions.

CATEGORY	Workshop Title	1	2	3	4	5	6
ADULTING & LIFE SKILLS	Conflict Resolution	X	X	X	X	X	X
	Cooking Skills 101	X	X	X	X	X	X
	Emotional Intelligence	X				X	
	First Aid CPR/AED					X	
	Life Insurance Basics	X				X	
	Restoring the Lost Art of Civil Disagreement	X	X	X	X	X	X
	Sewing 101		X		X		
CAREER & PROFESSIONAL	Customer Service – Presented by Enterprise		X	X	X	X	X
	Dining Etiquette	XX		XX		XX	
	Job Interview Skills	X	X	X	X	X	X
	Networking			X	X	X	X
GENERAL INTEREST & PERSONAL DEVELOPMENT	Conversational Spanish	X	X	X	X	X	X
	Expressive Art	X	X	X			
	Life's Little Advices	X	X	X	X	X	X
	Self Defense	X	X	X	X	X	
	Workshop Poker with the Pastor		X		X		X

Fall 1 Workshop Dates:

Session 1: September 4 and 11
 Session 2: September 18 and 25
 Session 3: October 2 and 9

Fall 2 Workshop Dates:

Session 4: October 23 and 30
 Session 5: November 6 and 13
 Session 6: November 20 and
 December 4

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www.ottawa.edu/ouaz/pgdworkshops