



WOMEN *in* MANAGEMENT
Empowering the Women of USC since 1979

Super Charging Your Life Using Your Strengths: The Professional & Personal Benefits of a Strength-Based Mindset

When: Wednesday, November 29, 2017, 12:00-1:00 PM

Where: IRD Conference Room 305 (enter building through Parking 12-A)

Cost: Members are Free, Non-Members \$10

Join us for a brown bag lunch workshop as we take an innovative approach to a strength-based mindset. Discover strategies for utilizing your strengths every day, both in the office and at home. Go beyond learning about your strengths to identifying actions and changes that will help you #lovework.

During this workshop, you'll learn:

- Why the leader you aspire to be may not really exist
- A new definition of strengths that will allow you to see obstacles and preferences in a new light
- 4 different categories of strengths that can give you insight into what opportunities will suit you best
- What you can do when you overuse your strengths (yes - that can happen!)

This workshop is presented by Anna Quyen Do Nguyen, MSG, OTD, OTR/L
Director of Internship Training
Davis School of Gerontology

Please RSVP at www.uscwim.org/calendar.asp and see the WIM Blog at www.uscwim.wordpress.com, which might have more detail.

Women in Management (WIM) was formed in 1979 in response to the need for an organization for women in leadership positions at USC, and to address the issues of increased representation of women in responsible positions, equal pay for men and women holding similar positions, and the provision of a forum in which women could develop leadership skills. The purpose of the organization remains to provide a forum for communication, professional development, and career opportunities for women at USC.

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