

WORKSHOPS AND SPEAKING ENGAGEMENTS
Designed and Delivered by Carole J. Parker, Ph.D.
“Helping Extraordinary People Live Meaningful Lives”

ENHANCING CREDIBILITY

Examines 5 components of credibility for men and women, which can be delivered with emphasis on the challenges these components present for women, younger people and minorities. Demonstrating expertise, conviction, energy, composure and gaining trust are explained and illustrated with movie clips and activities. This is my most frequently requested talk and has been well received at lunch and learn meetings, campus recruiting events, women’s mentoring initiatives, and executive development seminars.

FULL CATASTROPHE LIVING

Examines ways to keep your self afloat in today’s permanent white water environments. Practical tips on travel, money, family life, setting priorities, and coping with the increasing pace of work/life. Informative and interactive so people learn best practices from other colleagues or team members as well. Video illustrations of people in Full Catastrophe Living.

EMOTIONAL INTELLIGENCE IN THE WORKPLACE

Involves participants in observing, discussing and changing key emotional intelligence factors – self awareness, self-regulation, motivation, empathy and social skill. Uses assessment tools and activities to emphasize trust building, understanding your impact on others, giving and receiving feedback and balancing telling and asking. Looks at what causes executives to de-rail because of lack of emotional intelligence.

LIFE-CAREER PLANNING

Looks at our changing frameworks for work satisfaction in adult life. Captures values and career goal shifts. Helps participants create their own definitions of success and identify the risks they have taken and the ones they need to take to meet their goals. Emphasizes how changes in the business environment impact our personal choices and the repertoire of skills needed to retain vitality and bring about fulfillment in living.

MENTORING

Begins with Seinfeld’s George and his great misunderstanding of the meaning of mentoring. Continues with activities to prepare for and conduct effective mentoring. Provides samples and activities involving ingredients for successful mentoring relationships.

MANAGING PACE AND CHANGE

Discusses the rate of change, the specifics of change in your arena, and the impact on you. Helps participants to self-assess and plan resulting in increased awareness and actionable items to take away and use in your planning. Uses models to explain coping, preventing and protecting against stress increasing reactions to change. Tailored to include the changes the organization is experiencing.

NETWORKING SMART

Actively involves people in learning how networking is a key component to getting the job done. Explores practical ways to increase your internal and external intelligence. Interaction and specific examples as well as an action plan are end results. Building relationships is a subset of this topic.

HOW DO YOU KEEP THE MUSIC PLAYING?

Lively interactive presentation on the ingredients of a satisfying and stable marriage. Examines the myths of marriage and presents the documented ways couples gain high levels of intimacy and satisfaction in their relationship. Looks at how marriages change over time and what new adjustments need to be made as your married life develops. Couples leave with techniques and tools and insight into how they can improve, sustain or begin to be better partners to each other.

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Seminar Facilitation Organizational Consultations Executive Coaching Individual & Couples Counseling
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