



# Getting out of our own way!

*Opportunities for Enhancement: Effective communication - Part 2*

## Event Information

**Date:** Wednesday, September 22

**Time:** 6:30-8:00pm

**Place:** Zion-Benton Public Library  
2400 Gabriel Ave., Zion

**Cost:** Free admission to participants  
Fully underwritten by  
The **Charmm'd** Foundation,  
a non-religious/non-political 501(c)3  
organization

**\*\* You are encouraged to bring a dessert  
of your choosing to share with others.  
Coffee will be provided.\*\***

## Program Speaker

Grace Lichtenstein, MS

With over 20 years of business management and ownership experience, training and counseling in corporate, health and family settings, Mrs. Lichtenstein has a unique and comprehensive view of "what works" both personally and professionally.

[www.graceandsuccess.com](http://www.graceandsuccess.com)

**To Register:** Send an email to  
[charmmd@charmmdfoundation.org](mailto:charmmd@charmmdfoundation.org)

- Include your contact information
- Write "*Evening with Grace*" in the subject line

**Registration is encouraged;  
not required!**

## WHY SHOULD I ATTEND?

**YOU** will learn valuable tips & tools to enhance your communication skills.



This workshop is a follow up to a program held in April 2010 and will build upon the information provided that evening. It is not necessary to have attended part one. Participants will come away with valuable information to use immediately and will have the opportunity to engage in interactive discussions on the following topics:

- Adjusting your communication style when needed
- Barriers that limit effective communication
- Focusing on questions to ask rather than the problem
- Verbal and non-verbal messages



**This is a special program open to people who live, work and play in Beach Park, Wadsworth, Winthrop Harbor and Zion Communities.**

