



# From the Inside Out: The Power of Reflection and Self-Awareness

The quest for professional contentment and success begins with an inner quest to discover who we are – our passions, values, talents, personal resources, and even those foibles and annoying habits we might prefer not to acknowledge. Having a better understanding of ourselves is the first step toward achieving a better relationship with others. This course is an invitation to self-discovery. Through thought-provoking discussion forums and engaging activities, participants will have the opportunity to reflect on their personal and professional journeys as well as envision new possibilities for decades ahead.

**Trainer:** Mimi Loughead

**CKC:** K6.9.C2

**Keystone STARS Alignment:** LM.3.4.3

**CDA Subject Area:** Maintaining a commitment to professionalism.

All courses offer PQAS and Act 48 hours.

Free/Three hours

Limited spaces available.

**May 18–June 8, 2020**

Must register by May 14, 2020

**Delivery:** Online

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**Register:** [bit.ly/inside-out-pd](https://bit.ly/inside-out-pd)