

Professional Development Workshops

Agility in The Workplace and Beyond

The Mason Center for
Outdoor Experiential Learning



Presented by George Mason University
Center for Outdoor Experiential Learning - The EDGE

We are a hands-on experiential learning, teambuilding, and organizational development center located in Northern Virginia near Washington, DC. We offer thought-provoking, fun team development activities and workshops grounded in cutting-edge team and organizational theory.

SPRING WORKSHOPS SYNOPSIS

The accelerating pace of change often overtakes our understanding of how we work and work together. As we run to catch up, it is easy to make ill-considered decisions and step on relationships. In behaving with agility we open our eyes, make small trial changes, and become willing to risk and discard. And, most important, we operate from a firm foundation of understanding with the other people engaging in change with us. What will give you the confidence to dance with change rather than be run over by it? Our workshops explore many ways you can move with agility.

FEBRUARY 20, 2015 ▪ THE RESILIENCE ADVANTAGE

JEAN PORTO

When we're running, sometimes we trip, but that's not the end of things. We can learn resilience from those stumbles, making us stronger for the longer race. In this workshop, learn the key strategies to finding resilience. With resilience, you will come out stronger. FEE: \$185.00 includes a take-home guidebook. REGISTER HERE

MARCH 13, 2015 ▪ AGILITY IN THE VIRTUAL WORKPLACE

KATE TRYGSTAD

Important innovations in communication technology have fundamentally changed the way many of us work. More and more people work with and for people they have rarely seen in person. Virtual teams can miss the connectivity that makes work products more innovative. Managers and leaders are often frustrated in their efforts. We will explore the emerging keys to success in this environment. FEE: \$165.00 REGISTER HERE

MAY 22, 2015 ▪ AGILE TEAMING

STACEY GUENTHER

More and more, teams are formed to meet opportunities and accomplish important new work products. With pressure for the teams to move quickly to results, people might short-cut the formative early stages of understanding. You will learn and experience techniques that lead to team success all along the way. FEE: \$165.00 REGISTER HERE

FALL SERIES BEGINS SEPTEMBER 2015.

LOCATION ▪ George Mason University ▪ Arlington Campus, Founders Hall – First Floor, 3351 Fairfax Drive, Arlington, VA 22201-4426

LUNCH – The Arlington Campus offers Einstein Brothers. Local eateries are within a short walking distance. Founders Hall will remain open should you choose to bring a sack lunch.

PARKING – The Arlington Campus is accessible via the Virginia Square-GMU Metro Station, about one block east of that station. Parking is available on campus with a fee of \$14/day. Limited metered street parking is available.

WORKSHOPS SCHEDULE

8:15 am – 8:30 am	Arrive & Check-In
8:30 am – 8:45 am	Welcome & Introduction
8:45 am – 11:45 am	Workshop
11:45 am – 1:00 pm	Lunch (On Your Own)
1:00 pm – 4:00 pm	Workshop continues, Q & A and Closing Remarks

FACILITATOR BIOGRAPHIES

Stacey Guenther is a skilled facilitator and team coach specializing in positive approaches to personal and organizational transformation. She holds respective health and leadership coaching certifications from Duke University and George Mason University, a trainer certification from Gallup StrengthsFinder, and a master's degree from Mason's Organization Development and Knowledge Management program. Stacey brings theory, practice, and creativity to her transformative workshops.

Stacey works regularly with The EDGE—Mason's Center for Outdoor Experiential Learning.

Jean Porto is a certified coach and facilitator who designs customized workshops focused on communication, leadership development, organizational change, teambuilding, wellness, and Emotional Intelligence and Myers Briggs assessments.

Jean's diverse client list includes the State Department, Lockheed Martin, and AOL. She holds a master's degree in Organization Development and Knowledge Management from George Mason University and works regularly with The EDGE—Mason's Center for Outdoor Experiential Learning.

Jean works regularly with The EDGE—Mason's Center for Outdoor Experiential Learning.

Kate Trygstad is a professional coach and facilitator. With 25 years of leadership experience in the public and private sectors, 8 years of organization development consultant work, a master's degree in Organization Development and Knowledge Management from George Mason University, and coaching certification from the International Coach Federation, Kate brings theory, practice and organizational experience to her workshops.

Kate works regularly with the Mason Center for Outdoor Experiential Learning, The EDGE.

www.edgeatmason.com



University Life