

# LIFE-WORK PLANNING CENTER

A Pre-Employment Program for Women and A Minnesota Displaced Homemaker Program

Call Us: 507-345-1577 or Email Us: [info@lwpc.org](mailto:info@lwpc.org)



## LIFE-WORK NEWS

**April 2015**

**Dear Heather,**

Greetings! If you are desiring to make a change in your life or know somebody that is, call and register for one of our personal growth and career development workshops and get moving on your path to growth.

### SPRING WORKSHOPS

#### Personal Growth & Career Development

10 Weeks - Begins Monday, April 6

Workshop Location	Day/Time	Start Date
Waseca - Le Sueur Cty Library 408 North State St., Waseca	Mondays 10:00am - Noon	April 6
Mankato Office 201 N. Broad St. Ste. 100	Mondays 6:00pm - 8:00pm	April 6
St. James Public Library 125 5th Street South	Mondays 10:00am - Noon	April 6
Mankato Office 201 N. Broad St. Ste. 100	Tuesdays 10:00am - Noon	April 7
New Ulm Office - License Bureau 1900 N Franklin St.	Tuesdays 10:00am - Noon	April 7
St. Peter Community Ctr. 600 S Fifth Street	Wednesdays 10:00am - Noon	April 8
Red Rock Arts Center 222 E Blue Earth Ave., Fairmont	Wednesdays 10:00am - Noon	April 8
Hope Methodist Church 12080 380th Ave, Blue Earth	Wednesdays 1:00pm - 3:00pm	April 8
Le Center MVAC Office 125 East Minnesota Street	Thursdays 9:00am - 11:00am	April 9

### Specialized Workshops

#### Job Search Support Groups (3 Sessions)

Mankato Office 201 N. Broad St. Ste. 100	Tuesdays 1:00pm-3:00pm	April 14, May 5, June 9
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**Remember Life-Work Planning Center and Become a Supporting Member!**

**Make Your Tax-Deductible Contribution Check Payable to:**

Life-Work Planning Center  
201 North Broad Street,  
Suite 100  
Mankato, MN 56001

**OR**

Click the button below to make a donation via credit card

**Make A Donation**

**Your Donations to LWPC are Greatly Appreciated!**

*"Rise up and be you.  
Your rise is your growth."*

*-Anita R. Sneed Carter*

## Networking Event - Meyers-Briggs Personality Styles (1 Session)

Mankato Office  
201 N. Broad St. Ste. 100

Tuesday  
5:00pm - 7:00pm

June 2



### To Register for a Workshop

Call the Mankato Office at 1-507-345-1577 or 1-800-369-5166

## Shawna Asendorf and Diane Hudson: They thought it was a resource for others but found it was for them too!

Shawna Asendorf and Diane Hudson both attended the Fall Personal Growth and Career Development workshop series in St. James. They both were curious and thought that it sounded interesting although neither of them felt that they themselves particularly needed a lot of work on the topics. I met with them a couple of months following the series to reflect on their learning.



These are the topics that they saw were going to be covered and some of Shawna and Diane's thoughts about them:

- Transitions
- Personality Styles
- Self Esteem
- Interests
- Boundaries
- Skills
- Assertive Communication
- Decisions
- Goals
- Values
- Success

Diane commented on how she had been on her own growing up and said "I never had anyone walk me through life." When asked to elaborate she said that her parents were busy and aside from some things that she was told to do, that she was not given direction, learning about these topics and how they all fit together was more like an 'an owner's manual' on creating a direction in life rather than passively letting life happen.

The following are some of their comments:

"It's a good way to come to a better understanding of yourself"

"I was so used to fixing things, now I'm learning to let go".

"I'm able to make choices and feel comfortable about them"

"Learning about Communication styles changed how I react to the world around me"

"I got rid of a lot of 'shoulds'"

"It took a lot of guilt and anxiety away"

"Self acceptance"

"Career Wise - It's not too late to make a change."

"No matter what happened to you in your life you can move forward"

"Instead of focusing on your weaknesses, focus on your strengths!"

Shawna works with at risk teenagers through the St. James school district and said that she is planning to revise her program to implement some of the essential skills that she learned. Diane has come up with a list of goals that she is implementing. Both Shawna and Diane said that they get their handouts out every once in a while and reread them and both women hope that by telling of their experience it will encourage other women to take the workshop series and work with a Peer Counselor.

*What started out as a search for resources for others became a resource for their own growth!*

## Lifelong Learning

### Our Capacity for Personal Growth

When you focus on growing yourself, you will be able to achieve so much more; you will be able to become the person you want to be. But how do we continue to keep moving forward with our growth every day?

- When your dreams and goals relate strongly to your passions, strengths, and values, you will be self-motivated to grow as a person.
- When you have an important enough goal to pursue, you will not have a problem finding inner-motivation.
- To develop the motivation to keep growing, start with small, simple steps. Begin by setting small goals that are easily achievable; then do them every day to develop positive habits.
- Focus on enjoying the learning process. It is important to visualize where you want to be in the future, but it is more important to live in the present moment. To develop the motivation to keep moving forward with your growth, you must value the learning process each day.

- Develop an attitude that there will never be a better day to start changing yourself than today. As John Maxwell says, "Life lived for tomorrow will always be just a day away from being realized." You will never change your life until you make a conscious decision to start today.

## About Life-Work Planning Center

The mission of LIFE-WORK PLANNING CENTER is to increase the self-sufficiency of women and their families. Our program offers a supportive environment where one can gain Pre-Employment Skills.

### Services Include:

Workshops and support groups; one-to-one peer counseling; career testing and assessment; resources and referrals; and advocacy.

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