

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



LIFE-WORK NEWS

ISSUE: Winter 2016

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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
127 South Second Street, Suite 210
Mankato, MN 56001

OR

Click the button below to make a donation via credit card

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Your Donations to LWPC are Greatly Appreciated!

"If you don't make the time to work on creating the life you want, you're eventually going to be forced to spend a LOT of time dealing with a life you DON'T want."

-Kevin Ngo

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.

WINTER WORKSHOPS

Personal Growth & Career Development

Strength, Balance, Self-Respect

6 Weeks - Begins Monday, January 11

Workshop Location	Day/Time	Start Date
Waseca-Le Sueur Co. Library 408 North State Street, Waseca	Mondays 1:00pm-3:00pm	Jan. 11
Mankato Office *New Address* 127 South Second St., Ste. 210	Tuesdays 1:00pm-3:00pm	Jan. 12
New Ulm Office - License Bureau 1900 N Franklin St.	Tuesdays 1:00pm-3:00pm	Jan. 12
St. Peter Public Community Ctr. 600 S. Fifth Street, St. Peter	Wednesdays 10:00am-Noon	Jan. 13
Fairmont Public Library 110 North Park Street, Fairmont	Wednesdays 1:00pm-3:00pm	Jan. 13
Le Center MVAC Office 125 East Minnesota St. Le Center	Thursdays 9:00am-11:00am	Jan. 14
Mankato Office *New Address* 127 South Second St., Ste. 210	Thursdays 6:00pm-8:00pm	Jan. 14

Job Search

3 Weeks - Begins Monday, February 22

Workshop Location	Day/Time	Start Date
Waseca-Le Sueur Co. Library 408 North State Street, Waseca	Mondays 1:00pm-3:00pm	Feb. 22
Mankato Office *New Address* 127 South Second St., Ste. 210	Tuesdays 1:00pm-3:00pm	Feb. 23
New Ulm Office - License Bureau 1900 N Franklin St.	Tuesdays 1:00pm-3:00pm	Feb. 23
St. Peter Public Community Ctr. 600 S. Fifth Street, St. Peter	Wednesdays 10:00am-Noon	Feb. 24

Fairmont Public Library 110 North Park Street, Fairmont	Wednesdays 1:00pm-3:00pm	Feb. 24
Le Center MVAC Office 125 East Minnesota St. Le Center	Thursdays 9:00am-11:00am	Feb. 25
Mankato Office *New Address* 127 South Second St., Ste. 210	Thursdays 6:00pm-8:00pm	Feb. 25

To Register for a Workshop

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

Audrey Rains: Creating the Life She Wants

In 2012, Audrey saw a flyer for Life-Work Planning Center's workshops and was curious about what we had to offer. At this time, Audrey was enrolled at Rasmussen College taking classes to obtain degrees in Human Services and Corrections. She was working as a bus attendant in the Mankato area schools and interning at the Salvation Army where she enjoyed working with the children. Audrey said it felt good being there for the kids, but she knew she wanted more. She was looking for direction on what she wanted in life, what she liked, and where she wanted to be.



Audrey Rains

After meeting with a peer counselor at Life-Work Planning Center, Audrey opted to attend workshops focused on building confidence, assertiveness, boundaries, decision making, and goal-setting. Audrey had been challenged by taking on other people's problems as her own. She said she would often worry about the opinions of others and called herself a "people pleaser".

In the workshops, Audrey felt that her feelings were validated and her opinions mattered. She appreciated learning how to be more assertive. Audrey enjoyed topics on boundaries and balancing life. Audrey said she still finds being assertive challenging, but she now reminds herself that "everyone is entitled to their own opinion". Audrey emphasized, "Your own opinions are valid. Two people can have different opinions and still respect each other."

Audrey now works at Maxfield Place. Audrey expressed she has learned that she is not one to sit behind a desk. She has a great deal of admiration for the challenges people face on a daily basis. Audrey has given back to the community through her caring demeanor, kindness, and respect for others.

Audrey's life work has been in helping and supporting others, and she has now learned the importance of respecting and supporting herself. Audrey has now begun to make herself a priority. She is taking water aerobics classes, attending Bible classes, and weight management classes. She is working on becoming healthy and happy.

Audrey enjoys having coffee with friends. She also knows when she needs to spend time away from others to rest and rejuvenate by saying "No". Audrey understands if she does not take care of herself, no one else will.

Audrey is most proud of going back to school and completing her degrees. Despite negative feedback she received from others in going back to school, she graduated with her Corrections Degree in 2013. Audrey did not let the negative opinions of others bring her down. She completed her degrees and is now employed at two different jobs. Audrey has followed her intuition no matter what other people have said. "You make a few detours in life, you do not know until you have tried it. You may find it works, and if it doesn't that's okay."

Audrey expressed that with keeping her morals and values in mind she stays true to who she is and has become more comfortable in her own skin. Which has opened up the opportunity to have more healthy fulfilling relationships with herself and others.

Audrey respects herself enough to know that everyone's opinions matter, but she knows at the end of the day her own is the most important.

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.