

JUNE 8, 2010

## LIFE MANAGEMENT 101

In our cluttered worlds there is always a need to 'de-clutter.' When we fail to do so on a systematic, routine basis, it becomes apparent that we find difficulty in maintaining balance. Oil change, spring cleaning, check-ups, inspections and evaluations/appraisals are common terms that we give permission to enter our brain space and to manifest as welcome intruders to an otherwise cluttered life in this, the 21st Century. The difficulty is allowing a term such as 'de-cluttering' to become just as welcome as spring cleaning. We will explore why it is important to do so. We will focus on factors that contribute to a lack of wholeness, address what is called the overload syndrome and then put it all together becoming whole.

### **INSTRUCTOR: DOUGLASS PETTY, PH.D.**

**DR. DOUGLAS PETTY** earned a Ph.D. – Christian Counseling, Christian Bible College – Rocky Mount, North Carolina, MA – Psychology; Sub-specialty in Minority Mental Health, Washington University – St. Louis, Missouri, BA – Psychology, Talladega College – Talladega, Alabama, AS – Physical Education, Lawson State Community College - Birmingham, Alabama. Rev. Dr. Petty has over twenty-five years experience in working with youth, young adults, families, and organizations. He has served as a Organizer/Pastor, Faculty Member, University of Missouri, Kansas City, Missouri, Counselor St. Louis Community College, Forest Park Campus and several voluntary roles. As a Development Consultant he has provided training for families, businesses, schools, community organizations and churches in the following areas: Life planning/Management, Conflict Resolution, Parenting Skills, Anger Management, Leadership Development, Public Speaking, Team Building and many other topics.

**Location:** 11300 St. Charles Rock Road, Bridgeton, MO 63044

**Time:** 8:30am-12noon

**Cost of Workshop:** \$75

**3 CEHs:** Washington University, George Warren Brown School of Social Work for MO & IL

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