



Speaker:

Erik Recker

# **#WINtheNOW** 'That DAM Analogy'

## **Objectives:**

- Understanding and Managing Energy
- Effective Commitment Management
- Staying Present and Focused
- Preventing Burnout and Fostering Resilience
- Creating Sustainable Progress

There is no charge for this event. This is a complimentary feature of your IPRA membership. Pre-registration is required. A minimum of 12 registered attendees is required.

Business casual attire is requested

### Event sponsored by: JEO Consulting Group



Enjoy coffee and a snack

complimentary of JEO from 9:30-10:00 AM!

**Date/Time:** 

February 20, 2025 10 AM - 2 PM

### Location:



Giovannetti Community Shelter Walker Johnston Park 9000 Douglas Ave, Urbandale



Registration Deadline: February 13, 2024