



iiChange® awareness experience

WHO SHOULD PARTICIPATE?

Individuals looking for a process that will improve their personal and professional effectiveness and satisfaction

WHAT'S IN IT FOR YOU?

- How to be who you are, without reservation
- How to help other people “get” you
- How to interrupt your stress cycle and find satisfaction

EVENT DETAILS

Opening workshop May 28
8:30 a.m.-12:30 p.m.

**Virtual group learning/
independent study** May 29-June 24

Closing workshop June 25
8:30 a.m.-4:30 p.m.

Cost* \$400 (includes materials, closing workshop lunch)

Location Elements IV Interiors,
3680 Wyse Rd.
Dayton 45414

RSVP 937.293.3119
by May 14

The **iiChange® Awareness Experience** is for people who want to begin learning a process that can improve personal and professional satisfaction—a process that helps us be the best we can be with others *and* inside our own minds. Combining classroom work with virtual group and independent study, the **iiChange® Awareness Experience** will have you thinking about awareness in a whole new way.

- Assess your current level of awareness and learn how to be who you really are without reservation.
- Become aware of how behavior creates perceptions and how you can help others understand you better.
- Discover the conditions that create stress and the conditions that lead to satisfaction.

PART 1: Half-day opening retreat with iiChange® coaches

Goals: To meet and connect with participants and get an overview of the concepts and scope of the **Awareness Experience**

PART 2: Three-week independent study and virtual group

learning Goals: To deepen awareness of self and others; to understand what creates perceptions and how assumptions affect behavior; and to understand and learn how to break the stress cycle.

Part 2 includes:

- E-modules, worksheets, and discussion guides
- Interaction with learning partners via web conference and social media
- Readings and online videos

PART 3: Full-day closing retreat

Goals: To reconnect and debrief experience with entire group and iiChange® coaches, dig deeper into Awareness, and preview the next three modules and follow-own coaching.

about innovative interchange®

Innovative InterChange® is an independent consulting and facilitation company dedicated to providing clients with the latest skills for effective collaboration and rapid learning. With more than 45 years of research and experience behind us, we design and deliver workshops, based on current neuroscience research, that increase individual, group and organizational learning and innovation. Our exercises provide participants with tools and skills for increasing effective communication, collaboration, appreciation of diverse ideas, creative problem solving, and change management.

iiChange® facilitators & coaches



Kathy Hollingsworth
khollingsworth@iichange.com

Kathy is dedicated to helping others reach their potential by understanding their worth and using iiChange® skills and tools to enrich their lives. Prior to starting Innovative InterChange® Inc., she spent twenty-nine years in banking, including several years as president and CEO of National City Bank, Southwest.

Kathy earned a bachelor's degree in geography from Wittenberg University and an MBA from Case Western University.



Heather Martin
hmartin@iichange.com

Heather has a passion for communicating important, compelling ideas and for helping people see and appreciate the value in diverse points of view. Heather joined Innovative InterChange® Inc. in January 2007 after nearly seventeen years as a professional journalist, including three and a half years as publisher of the Dayton Business Journal.

She has a bachelor's degree in English from Wittenberg University and a master's degree from Northwestern University's Medill School of Journalism.



Charlie Palmgren
cpalmgren@iichange.com

Charlie has spent more than fifty years developing leading-edge thinking tools and exercises to equip leaders and teams to develop sustainable mindset change. He's been an international consultant to top management and senior consultants and has written several books and articles on behavioral science and OD topics.

His master's in psychology is from Drake University, and his Ph.D. in applied behavioral science and organizational development is from Union Institute and University.

**innovative
interchange®**
ASSOCIATES

166 Strathmoor Crossing
Kettering, OH 45429
937.293.3119
iiChange.com