



## ***Mindfulness In Action***

***Presenter: Aimee Bernstein***

***September 12, 2017 from 2:30 - 4:00 pm***

Stress Less Achieve MORE mindfulness-in-action training develops a higher level of leadership and self-mastery in high-pressure environments. Our approach is built on three assertions:

1. We all get triggered and react at times when under pressure. This limits listening and negatively can affect relationships, decisions and actions.
2. Traditional stress management methods-meditation, yoga etc .- require that we take time out of our busy schedules to practice, which many people fail to do.
3. Research shows that the brain stores information based on arousal levels. Thus, we may not be able to draw on the calm state we find in meditation when in high-pressured situations.



**Registration** 

**Members: FREE**  
**Non-members: \$25**

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## ***Marketing Your Personal Brand***

***Presenter: Whitney Cherner, LCSW***  
***September 13, 2017 from 1:00 - 3:00 pm***

Personal brand doesn't just apply to job-seekers. It's even more important when you are a professional and representing an agency. Your personal brand is all about who you are and what you want to be known for. If you want to learn how to manage your image and be your own PR guru, sign up for Marketing Your Personal Brand.



**Registration** ▶

**Members: FREE**  
**Non-members: \$25**

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***Presenter: Josh Hirsch, MS***  
***September 15, 2017 from 11:00 am - 12:00 pm***

Being a member of Nonprofits First provides for you a wealth of resources and tools. Existing members are invited to review member benefits and how to take advantage of them. New and prospective members are invited to an introduction on maximizing your benefits.

**Registration** ▶

**Members: FREE**  
**Non-members: FREE**

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## ***Communication Skills: Say It Clearly, Confidently, and Tactfully***

***Presenter: Dr. Elvina Muniute-Cobb***  
***September 19, 2017 from 9:00 am - 12:00 pm***

Each and every day we send out and receive hundreds of verbal and non-verbal communication messages - through our words, smiles, gestures, and texts. We know that our communication is the foundational stone of positive relationships and conflict prevention, yet sometimes it seems that we unintentionally send wrong messages, and other times we are perplexed by messages that we receive... How can we say it so that others clearly understand what we mean? How can we listen to others beyond their words? What are the strategies to holding difficult conversations? Join Dr. Eivina Muniute-Cobb on September 19 as she explores the answers to these questions. Through discussion and practical activities this workshop will provide participants with an opportunity to identify patterns that hinder effective workplace communication, increase awareness of nonverbal communication, and practice holding difficult conversations.



**Registration** 

**Members: FREE**  
**Non-members: \$25**

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## ***Three Crucial Strategies That Will Dramatically Increase Giving***

***Presenter: Jeremy Morse***  
***September 20, 2017 from 1:00 - 3:00 pm***

Research shows the way we approach individuals through our year-end appeals is not effective. Yet many nonprofits will make the same mistakes again this year. One of the biggest errors is throwing something together at the last minute.



Resolve to break this cycle by spending one afternoon each month in July, August and September learning about what motivates people to act on behalf of your cause. Make just three crucial changes this year and you will experience dramatically different results.

Each month we will dive in deep and explore a crucial concept that will change the way you approach your messaging to individuals. By the end of September, all of the strategic planning will be done and you'll be ready to produce your most productive appeal ever!

[Registration](#) 

**Members: FREE**

**Non-members: \$25**

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## ***Learning Lab: Introduction to Canva***

***Presenter: Josh Hirsch***

***September 26, 2017 from 11:00 am - 12:00 pm***

With Canva for Nonprofits, nonprofits can bring their vision to life, and through beautifully crafted content inspire a community to action. Empower your team to create high-impact social media graphics and marketing materials. Canva offers its premium version free to registered nonprofits.

This Learning Lab workshop is designed for those looking to explore a whole new way to design. Attendees will be guided through an in-depth tour of the user interface and all of the features and functionality, and also provided helpful tips that will get new users ready to hit the ground running with their Canva design skills.



***\*Laptop will be provided to work on projects during the workshop.***

Registration ▶

**Members: FREE**  
**Non-members: \$25**

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## ***Writing to Win: Grants that Get Results!***

***Presenter: Laura Morse***

***September 28, 2017 from 1:00 - 3:00 pm***

Finding the right private or corporate foundation partner to fund your mission can sometimes seem impossible, but knowing the right approach can help you win funders over to your cause. This overview of grants management will cover the topic from identification, research, solicitation and reporting - from both the grantor and



grantee perspective. This session will explore grant examples of "the good, the bad and the ugly" as writing lessons to improve skills.

Registration ▶

**Members: FREE**  
**Non-members: \$25**

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***Presenter: Josh Hirsch, MS***

***October 6, 2017 from 11:00 am - 12:00 pm***

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Registration ▶

**Members: FREE**  
**Non-members: FREE**

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## ***Toastmasters Speechcraft Program (Public Speaking)***

***Presenter: Kim Harty***

***Wednesdays, October 11 - November 15 from 11:00 am - 12:30 pm***

Speechcraft is a six week program designed to break down the barriers to public speaking under the leadership of experienced Toastmasters. Each week we will practice impromptu speaking, deliver prepared speeches, provide feedback, introduce speakers and have a lot of fun. Each participant will receive a workbook, with detailed instructions on how to make the most of the course and how to complete speaking projects.



Registration ▶

**Members: \$125**  
**Non-members: \$200**

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## ***The Five Dysfunctions of a Team***

***Presenter: Karen Erren***

***October 12, 2017 from 1:00 - 2:30 pm***

They say you spend more time at the office with your colleagues than you do at home with your family. And just like family, disagreements erupt. Come find out how to best interact with your coworkers in order to ensure shared success in this session based on Patrick Lencioni's bestselling book, *The Five Dysfunctions of a Team*. Bring your questions because this session will include working through real scenarios.



Registration 

**Members: FREE**  
**Non-members: \$25**

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## ***Millennials in the Workforce***

***Presenter: Whitney Cherner, LCSW***

***October 18, 2017 from 11:30 am - 12:30 pm***

Millennials (ages 18-34) currently make up 40% of the workforce. 53% of hiring managers say it's difficult to find and retain millennials. 58% of Millennials expect to leave their job in three years or less. While Millennials are the most educated generation in history, they have specific personality traits that managers cannot ignore. Millennials in the Workforce will teach managers what to expect when working with Millennials and how to develop an effective engagement strategy.



Registration 

**Members: FREE**  
**Non-members: \$25**

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## ***Hiring to Win***

**Presenter: Andrea Hoffer**  
**October 19, 2017 from 1:00 - 3:30 pm**

Learn why hiring is so difficult and how following a proven 3 step process can improve your hiring success rate and remove the typical stress that comes with hiring.



Together we will:

- Review & Learn the 3 Steps to Hiring Effectively
- Complete worksheets to create your own hiring process
- Discuss Tips & Tricks to conducting effective interviews

\*Please Note: You don't need to be hiring at the time of the workshop to find it useful. In fact, it is best if you "do the work" you will learn when you are not currently hiring.

**Registration** 

**Members: FREE**  
**Non-members: \$25**



**Presenter: Josh Hirsch, MS**  
**October 20, 2017 from 11:00 am - 12:00 pm**

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Registration ▶

**Members: FREE**  
**Non-members: FREE**

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## ***The Rise of the Opioid Epidemic - Where Do We Go From Here?***

***Presenter: Alexa Lee***

***October 31, 2017 from 1:30 - 2:30 pm***

With 592 deaths and over 4,000 overdoses in 2016, Palm Beach County is experiencing about one death a day due to opioids. Families and children are being impacted. How did we get here? Find out the history of this epidemic and what you can do about it in the community to address the problem.



Registration ▶

**Members: FREE**  
**Non-members: FREE**

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## **Membership Opportunities**

Members of Nonprofits First enjoy [exclusive benefits](#) designed to increase your capacity to serve the needs of your clients. In addition to the cost saving opportunities on all Nonprofits First services, members are part of a community of nonprofit professionals with a demonstrated commitment to the continued strengthening of our industry.



**Become A Member**

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## **501(C)Jobs**

Looking for a job in the nonprofit sector?  
Visit [www.501cjobs.org](http://www.501cjobs.org) to view job  
postings, submit an application, and  
attach your resume.



(561) 214-7435 | [www.NonprofitsFirst.org](http://www.NonprofitsFirst.org)