

Life Strategies and Personal Empowerment

Audience: Middle School and High School
 Health/Wellness Educators,
 Guidance Counselors & School Psychologists

Instructor: Glenn D'Avanzo

Dates & Times: Wednesday – Friday August 18, 19, 20, 2010
 10:00 AM – 2:00 PM

Location: Holliston High School, Room 501

Cost: \$210 TEC/EDCO Members
 \$250 Non Members

Earn: 12 PDPs
 22.5 PDPs for graduate credit

Grad. Credit: 1 credit from Worcester State College
 for an additional \$100, payable at the
 first class

Course Description: Be the guide on the side for your students to help them understand what drives the human spirit to succeed and how to achieve everyday personal empowerment. A person's focus dictates attitude, attitude influences emotions and emotions impact everyday behaviors and life experiences. This course will prepare you to teach students effective strategies to control motivating forces and set achievable goals. In addition, these strategies will help improve students' ability to plan, make assertive decisions, and strengthen relationships and communication skills. By evaluating patterns of behavior and choosing wellness as a priority, students will be better equipped to perform in any chosen endeavor.

About the Instructor: **Glenn D'Avanzo** has presented at MAHPERD and TEC conferences. He has been teaching wellness and coaching a variety of sports and clubs since 1987. In addition, he has supervised and designed fitness programs in the educational setting as well as in the corporate fitness arena. Mr. D'Avanzo currently teaches wellness and rock climbing in Holliston. He is certified by Project Adventure in experiential adventure and group dynamics. His passion for teaching, coaching and learning earned him Holliston's "Teacher of the Year" as well as MAHPERD "Teacher of the Year" for Physical Education in 2007.

*Cancellations: Notice must be given at least **ten (10)** business days prior to the start of program.
 Payment will be processed at that time and refunds will not be granted after that date.
 Note: After May 28, a \$25 late fee is required with each course registration.*

To register: Complete this form and send, along with your check or purchase order, to:
 TEC Professional Development, P.O. Box 186, Dedham, MA 02027

Please register me for "Life Strategies and Personal Empowerment" beginning on 8/18/10!
 Enclosed is a check or purchase order for: ___\$210 TEC/___\$250 Non-TEC

Name: _____ School: _____

Home address: _____ Role: _____

City, state, zip code: _____ Address: _____

Email: _____ City, state, zip code: _____

Home phone: _____ Work phone: _____

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