



2023 PAEOP Fall Workshop

October 27, 2023 8:00 AM—3:15 PM



It's Time to Shine, Thrive, and Bounce-Up™!

with Mj Callaway, CCMS, CVP, CSP

Are you ready to Shine, Thrive, and Bounce-Up? In today's ever-changing world, adjusting and thriving amidst uncertainty leads to a more enriching life. With Mj Callaway's powerful three-step Bounce-Up Concept, you'll discover how to flip challenges that dim your light into glowing opportunities. By incorporating the Super-Size You strategy, you'll define your Superpowers so that you can "Be the Light and Shine."

In this highly interactive program, you'll get practical tactics and trademarked techniques you can use right away to develop your Bounce-Up Mindset. With momentum-building activities using beach balls, bubbles, and an inflatable punching bag called Henry, you'll have fun while doing it.

Consider this one unique program filled with uplifting engagement, simple-to-implement strategies, and inspirational stories that will energize and empower you.

Let's boost your resilience. Let's restore your light. Let's revive your confidence and get ready to **Shine, Thrive and Bounce-Up** higher and stronger!

Takeaways

- Discover your unique strengths and talents through the Super-Size You activity.
- Cultivate a Bounce-Up Mindset, which involves reframing challenges as opportunities for growth and developing resilience in the face of uncertainty.
- Initiate the Flip-It technique for increased positivity and productivity.
- Apply actionable techniques to restore your energy, revive your goals, and thrive personally and professionally.
- Identify one intentional commitment to yourself.

Workshop Cost:

Members - \$80.00

Non-Members - \$90.00

Location:

Pennsylvania School Board Association
400 Bent Creek Blvd., Mechanicsburg, PA

3 or more attending from the same district get a \$5.00 discount per person.

How to Register:

- 1) REGISTER ON-LINE at <https://www.paeop.com/domain/59>
- 2) Pay by credit card on-line or send a check along with on-line registration confirmation to:

Theresa Brickley, PAEOP Treasurer
441 Sand Ridge Rd.
Howard, PA 16841

*Cancellation policy is available on-line.