

## *"Communication & Collaboration" Training Series*

# PRINCIPLES OF "SOUL"-CIAL SERVICE

## Eliminate Burnout and Return to Brilliance

In this interactive workshop, gain essential strategies that successful leaders use to honor the "soul" of social service. Learn the keys to mitigate exhaustion and inefficacy, and how to nurture purpose, engagement, and eudaimonia in yourself and others.

*Janice Ikeda is the Principal and Owner of JI Consulting. She earned her M.A. in Organizational Leadership from Gonzaga University and her B.A. in Communication from the University of Hawai'i at Hilo. Janice believes that in order to lead an extraordinary team, you must live an extraordinary life. Through her practice as a Life Coach, Leadership Consultant, Public Speaker, and Facilitator of the Daily Becoming Women's Retreat, Janice works with professionals to design a life of authenticity; to identify and overcome barriers to success; and to develop skills to foster relationships of friendship, harmony, and trust.*



**You will develop resilience and reconnect to your purpose through:**

- Confidence — Identify your Upper Limit Problem and take the leap from excellence to genius.
- Curiosity — Understand the power of positive neuroplasticity and adopt a growth mindset.
- Calm — Gain strategies to stay grounded in chaos and constant change.
- Compassion — Overcome cynicism and build a culture of trust.
- Contribution — Learn the keys to effective coaching and spark brilliance in others.

**Friday, May 24, 2019**  
8:30<sup>am</sup> to 3:00<sup>pm</sup>

**Hawai'i Innovation Center at Hilo, 117 Keawe Street, Hilo, HI 96720**



**\$95 tuition includes catered lunch**

*(group discounts  
& individual needs-based  
partial scholarships available)*

**Register online here**

<http://soulcialservice.eventbrite.com>

**Or contact:**

**KU'IKAHI MEDIATION CENTER**

**101 Aupuni Street, Suite PH 1014 B-2**

**Hilo, Hawai'i 96720**

**Phone: (808) 935-7844 x 3**

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