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YWCA Dayton and Sinclair Workforce Development & Corporate Services Partner to Present Professional Enrichment Series

Dayton, Ohio -- The **YWCA Dayton**, in partnership with **Sinclair's Workforce Development & Corporate Services**, has announced its **2010 Professional Enrichment Series (PES)** lineup. PES is a series of luncheon programs designed to provide outstanding networking opportunities to local career women and assist them in personal and professional development.

All sessions will take place in the Charity Earley Auditorium in the Sinclair Conference Center, Building 12, on Sinclair Community College's downtown Dayton campus. Each session runs from 11:30 a.m. to 1:00 pm and includes lunch. Underground parking is available.

The series kicks off May 18 with ***Finding a Balanced You***. Getting one's priorities clear is the first and most essential step toward achieving a well-balanced life. Three panel members, Cheryl Malone representing Indiana Wesleyan University, and Mary Bajus and Kim Snow representing Sinclair, will discuss why it is important to figure out what one wants their priorities to be, not what they think they should be. Issues of balance, support and boundaries will be discussed. WHIO-TV anchor-reporter Natasha Williams is scheduled to facilitate the panel discussion.

Designing a Healthy You is the subject of the PES luncheon on June 24. It will be presented by Susie Stein, owner of Up and Running. She will lead a discussion on the importance of exercise and stretching in one's daily life. Attendees will learn how to work physical fitness into their busy schedules, how to add variety into one's workout, and decrease personal stress.

Karen Townsend, Director of Faculty Development at Central State University, will present ***Benefitting From the Connected You*** on August 12. Life is more interesting and meaningful when one experiences it with a multitude of viewpoints. Developing relationships that broaden one's socialization and connections to people that hold different values, beliefs and norms deepens how one experiences even the most simple of interactions. Townsend, a 2010 *YWCA Woman of Influence* honoree, will share real life stories of how her life has been enriched from her connected self.

The final PES presentation is on September 16. Janet Jackson, Professional Organizer and GO (Getting Organized) System Certified Trainer, will present ***Giving the Gift of An Organized You***. Who doesn't love to get gifts? In this session, attendees will learn how to give themselves a gift everyday by reducing clutter and time spent looking for things. Four lucky winners will even get to open some gifts. Attendees will learn from a professional organizer how to organize personal workspace, reduce clutter, and increase their productivity and sanity.

Individual tickets for the **2010 Professional Enrichment Series** are \$30 each or \$100 for the series. YWCA Dayton is recruiting participating sponsors at \$200 per program or \$500 for the series. That sponsorship level includes two tickets per program. Major sponsorships are available for \$500 per program or \$1500 for the series. That level of sponsorship includes eight tickets per program.

For reservations to the **2010 Professional Enrichment Series** go online at <http://workforce.sinclair.edu>.

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