

Seminars and Classes

I teach in various venues covering many of the topics listed below. My style is engaging and interactive. I present complex concepts in ways people can easily understand and then assimilate into their lives. I am inspirational and get to the heart of the matter. I would welcome an opportunity to work with you and your organization to create a seminar or course that matches your needs and aspirations.

Common Topics are:

Developing Effective Leadership

Learn assertiveness skills
Build synergetic teams that work
Successfully deal with difficult personalities
Move through conflicts into problem resolution

Utilizing Spiritual Principles

Activate healing through forgiveness
Realize and live your greater truth
Heal your life through everyday metaphors
Understand and use the law of attraction

Facilitating Self Empowerment

Get unstuck by releasing your resistance
Live on purpose by creating balance, fulfillment, and joy
Align who you are with what you want
Transform the ordinary into the extraordinary

Using Change for Growth

Move through endings to beginnings with ease
Cope with loss and unexpected changes
Transform mid-life crises to min-life transformation
Invite change and vitality into your life

Assisting Families through Transitions

Understand and deal with the complexities of divorce
Build bridges in blended families using strategies that heal
Help children cope with divorce, death, and remarriage
Facilitate strength, harmony, and closeness in families

Helping Parents Help their Children

Deal with manipulative behavior
Set limits and healthy boundaries
Create open and close relationships
Help your child develop their gifts and talents

Improving Communication Skills

Communicate effectively in emotional situations
Find your voice and speak your peace
Implement confrontation skills that make a difference
Learn to listen in a way that heals and facilitates understanding

Jeanne Dickerson MA, LCPC, CPCC • Downers Grove • (630) 986-8310
www.growth-grace.com • Jeanne@Dickerson1.com