



## Are You a Solutioneer?

Do see situations where problems exist and no one steps in because  
“I’m not in the Mood!”

Moods are a different distinction. They are not specific and we normally cannot relate them to particular events. Moods can affect decision-making and reactions in any workplace or community. Join us, *Walks Beside Coaching*, for a session separating moods from your solution making.

- ◆ Identify the components that comprise moods:
    - biology, body, & conversation
  - ◆ Distinguish between mood & emotion
  - ◆ Identify the ‘mood’ you basically live in
  - ◆ Recognize the difference in resignation & resentment
  - ◆ Be alert to a ‘collectiveness’ of moods from groups or cultures
  - ◆ Identify how you will not be a passive victim of moods
  - ◆ Create a strategy to shift your mood & release solutioneering
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- ❖ Dates: 3/27/08 & repeated on 4/11/08
  - ❖ Hour: 1:00 pm Mountain Time, register at
  - ❖ [http://www.walksbesidecoaching.com/BizOrgwww/Events\\_Workshops.htm](http://www.walksbesidecoaching.com/BizOrgwww/Events_Workshops.htm)  
or call 505-424-4771
  - ❖ Cost: \$25 including participant worksheet