

## Ready to Use Tools for Leading in Stressful Times

Register by March 5th for \$95 (includes lunch)  
Register after March 5th for \$120 (includes lunch)  
There will be a \$25 cancellation fee after March 19th.  
OU Employee Discount available at [www.hr.ou.edu/edp](http://www.hr.ou.edu/edp)

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_  
Organization/ Title: \_\_\_\_\_  
Credentials: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ State: OK Zip: \_\_\_\_\_  
Business Phone: \_\_\_\_\_  
Fax: \_\_\_\_\_  
Email: \_\_\_\_\_

I require special accommodations as follows:

### Payment (Includes Lunch):

**\$95 by March 5th \$120 after March 5th**

Please enclose registration payment. Please make all checks and money orders payable to NAIC.

- Check (Personal checks must be received by March 5th.)  
 Money Order  
 Purchase Order  
 Credit Card (Payment must be made in person, at our office by March 5th.)

All participants will receive a certificate of attendance verifying number of CEUs at the end of the training.

### Please send payment to:

NAIC

Attn: Teresa Seal

P.O. Box 730







215 W. Linn St.

Norman, OK 73070

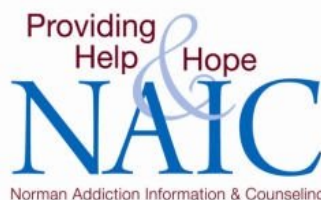
For Questions, Please Call: Teresa Seal 405.321.0022

# Learn How To



-  **Become a better leader, even under pressure**
-  **Understand the benchmarks of healthy and unhealthy conflict**
-  **Use the conflict continuum to “read” situations quickly and find solutions**
-  **Recognize how adrenaline overload affects you and those around you**
-  **Treat adrenaline overload in oneself, employees and clients**
-  **Identify concrete solutions for challenging solutions that you face *now***

### Sponsored By:



## Ready to Use Tools for Leading in Stressful Times



March 29th  
8:30 am to 4:00 am

Sarkeys Foundation  
Conference Center  
530 East Main Street  
Norman, OK 73071

6 CEUs available for  
CADC, LADC, LMFT,  
LPC, LCSW. CEUs  
pending for CPS.

## Andra Medea, M.A.

Andra Medea developed the techniques of The Conflict Unraveled Toolkit® and the Virtual Tranquilizer® while teaching conflict management at Northwestern University and the University of Chicago. Her book, *Conflict Unraveled*, won silver for Book of the Year from ForeWord Magazine, and was short-listed as a core book by the Library Journal.

She has presented prevention and substance use workshops at the SAAS/NIATx National Conference (both 2008 and 2009), The National Conference for Leaders of Addiction Services, Illinois Prevention Resource Center, African-American Prevention Providers, Latino Prevention Providers, and Hazelden, Inc.

Her system The Virtual Tranquilizer® was developed into a program for returning veterans of the Illinois National Guard, for Prevention First, Inc. The model has also been adapted for judges, lawyers and organizational leaders.

Medea holds an M.A. with a concentration in Conflict Management from DePaul University.

**8:00 a.m. to 8:30 a.m.**

⇒ Registration

**PART I: 8:30 a.m. to 11:45 a.m.**

⇒ Professionalism, Leadership and Ethics: Using the Conflict Continuum

⇒ Using the Conflict Continuum to Solve Management Problems

**11:45 a.m. to 12:45 p.m.**

⇒ Lunch Provided

**PART II: 12:45 p.m. to 4:00 p.m.**

⇒ The Virtual Tranquilizer®: Adrenaline Overload and You

⇒ The Virtual Tranquilizer®: Fast Sanity for You and Those Around You

### More about the trainer:

"Andra Medea is an instructor in conflict management at the University of Chicago and a nationally recognized expert on the subject. What is less well known is that Andra has a superb sense of humor..."

—*Midwest Book Reviews*

### What people are saying about her book, *Conflict Unraveled*:

"You could read ten best-sellers by overpaid CEOs, and not get half as much wisdom on human resource management."

—*Fearless Book Reviews*

"...a method based on analysis, humility, patience, humor, courage...a rare example of charismatic sanity."

—*Dr. James Lieberman, Clinical Professor of Psychiatry at George Washington University, reviewing in ForeWord Magazine.*



For More  
Information,  
Please Call or  
Email:

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E-mail: [tseal@naichelp.org](mailto:tseal@naichelp.org)