

GETTING MOTIVATED!

July 18, 2022

11:30 am – 12:30 pm
Virtual Session - Microsoft Teams

What are the keys to motivation? They can be a little different for everyone, but there are important ideas for all of us to reflect upon in order to find our work and personal flow.

We often talk about work/life balance, but the part of this that we often ignore is how our work and life are meeting the needs of our personal values. This has a big connection to happiness!

We'll explore and practice together getting our values, dream, goals, and attitude in line so that all the important work we have ahead of us can start to flow!



Amanda Crowell Itliong

Amanda Crowell Itliong directed the service and leadership efforts at Stanford University, the University of West Florida, and NC State. Amanda has also coached and consulted for nonprofits both in the U.S. and abroad. She has a Master's Degree from the Harvard Graduate School of Education, and a post-graduate certificate in Dialogue, Deliberation, and Public Engagement from Fielding Graduate University.

Personally, Amanda is living with ovarian cancer for the 4th time in 13 years and is a passionate patient advocate through her writing, speaking, and research. Despite the challenges of active cancer treatment, she co-founded and currently co-leads the cancer disparities research team BVOGUE (Black Voices on Gynecologic Cancer: Understanding Experiences).

Registration Options:

Register online at <https://bit.ly/OakFit-GetMotivated>

If you are unable to attend after registering you will be sent a link to view the recorded session.

For questions, contact Dawn Hunt at huntd@oakgov.com • (248) 858-5473

