



## **Connecting Knowledge with Practice Creating Team Collaboration**

**Have you been frustrated with the team experience you have had?**

**Are you interested in learning how to build effective and successful teams?**

**Come and support a fellow student in an innovative approach to team development.**

An invitation to participate in an MPA capstone project.  
Taking you beyond theories into an experience of building dynamic and successful teams and developing tools to enhance performance potential.

- Learn how to work effectively and enjoyably with others.
- Learn to increase your level of performance in whatever you do.
- Learn practical skills to self-awareness and effective communication.
- Learn successful stress management techniques.

**A total experience engaging the mind and body.**

Come with an open mind, a willingness to learn and explore, and comfortable clothes.

**When: Sunday, 17<sup>th</sup> April**

**Time: 10 am to 3 pm**

**Where: Holland Center**

For further questions, inquiries and enrollment, please contact Gayle Felbain at [gfelbain@miis.edu](mailto:gfelbain@miis.edu) or [gfelbain@gmail.com](mailto:gfelbain@gmail.com)

I will be drawing from many years of experience, facilitating self-development trainings, seminars, and workshops worldwide, combined with my knowledge gained as an MPA student.

I am a certified teacher of the Alexander Technique and Transpersonal Psychology.

