



# QUAD-CITY AREA LABOR-MANAGEMENT COUNCIL

P. O. BOX 1365, MOLINE, IL 61266-1365

Phone (309) 794-9194 - EMAIL: QCALM@QCALM.ORG

## 2023 Schedule

### “Change Is An Inside Job”

#### A Personal Growth and Goal Setting Program

“**Change Is An Inside Job**” is a powerful and comprehensive personal growth and goal setting program that helps us break through the barriers that keep us from reaching our full potential.

“**Change Is An Inside Job**” empowers individuals to reach their full potential by giving them the practical tools they need to meet the challenges of our fast changing world. It empowers them to make positive changes in their lives and take charge of their future!

“**Change Is An Inside Job**” is presented in 8 units that are packed with powerful and motivating concepts.

- \* Checking For Blind Spots
- \* A Foundation For Change
- \* The Barriers To Change
- \* Comfort Zones
- \* The Art Of Focusing
- \* A New Look At Motivation
- \* Goal Setting As A Skill
- \* A Tool Kit For Change

“**Change Is An Inside Job**” is **NOT** a passive program. After each concept is introduced, the facilitator leads discussion and conducts activities that help each individual understand how each concept applies to his or her own everyday life or work situation. No one leaves “**Change Is An Inside Job**” unchanged.

It is necessary to register and pay fees **BEFORE** the training will be scheduled...**NO EXCEPTIONS!!!**

The fee for the class is \$150. Registration fee includes all materials and facilities. It must be paid in **CASH, MONEY ORDER, or CASHIERS CHECK; NO PERSONAL CHECKS CAN/WILL BE ACCEPTED!**

Once the course has begun, there are no refunds.

***The fees are to be mailed to our Post Office Box number:***

QCALM  
P.O. Box 1365  
Moline, IL 61266-1365

- Call our office at (309) 794-9194 and register for your Zoom classes.
- Class times are scheduled with you upon receipt of your payment.
  
- Classes are held online via Zoom!
- Flexible schedule in order to meet your individual needs.
- Classes will be offered at least once a week.

**All classes are held Online:**

Prior to the start of your Zoom Classes, you will receive a Zoom invite via email, to join your scheduled QCALM Zoom Class online. You can access classes with the use of a computer or smart phone.

**FOR REGISTRATION PLEASE CALL (309) 794-9194**