

Interpersonal Skill Inventory:

Power Program Team Building Series:

Based in Lincolnshire, Illinois, The Power Program offers team-building seminars in which school students, corporate employees, and social groups learn to place trust in each other while traversing across an outdoor obstacle course. To prepare, groups relax together getting to know about each other personally for those who are unfamiliar with the group. With everyone acquainted, the instructors begin the session by breaking down everyone's fears so that trust may be rebuilt through the duration of the course.

By forcing participants to place blind trust in their teammates for the first exercise, fear based barriers are quickly defeated as the obstacle is overcome and the group moves on. Forced to work as a whole to overcome the remaining obstacles, the team learns how to work together and builds a stronger cohesion for every additional obstacle they defeat. By the end of the course, the group is functioning as a single cohesive unit willing to accept any challenge.

As a participant in this program, I can attest to the value it provides. On more than one occasion have I looked back and said to myself that if as part of a team we could accomplish that course, then whatever difficulties my present team may be experiencing could also be solved. By participating in this seminar, I have been given a great understanding of what a team of motivated people can accomplish if they put forth an unyielding effort. Knowing this potential, I remain motivated to this day to see that my current and future teams aspire to perform at this efficiency.

CSW Diversity Seminar:

Having the ability to attend one of CSW Global's Interactive Theater presentations was very beneficial due to the importance of understanding diversity in today's workplace. By participating in their audience based program, we examined current issues such as workplace harassment, cross-cultural awareness, change management, and conflict resolution. Constantly being monitored by a company facilitator, our discussion was intense yet sensitive not to place beliefs upon any individuals. By the conclusion of the program, audience intellectual and emotional awareness of diversity related issues was improved and participants of the program were empowered to make better decisions on diversity related issues.

Personally, I benefited from the presentation by gaining a new understanding of how diversity issues may arise in situations we would not normally expect. By observing this unanticipated form of conflict and discussing my feelings surrounding the issue, I feel I grew in that I left with an action plan should I encounter the portrayed scenario. Overall, this seminar was an informative experience that better prepares me for the diverse workforce I will soon enter.

For more information, please visit the CSW Global web site at <http://www.cswglobal.com>