



# CHAMPIONS OF CHANGE

## Leadership Series

### ***Building Confidence and Assertiveness***

Time: 8:30 am - 11:30 am

*An interactive workshop that equips participants with practical skills to communicate clearly, set boundaries, and handle challenges with confidence.*

### **Communication Strategies**

Time: 1:00 pm - 4:00 pm

*An interactive workshop that enhances effective communication through practical techniques for clarity, active listening, and confident expression.*

### **Goal Setting & Getting Things Done**

Time: 8:30 am - 11:30 am

*An interactive workshop that equips participants with practical strategies to set clear goals, stay motivated, and achieve results efficiently.*

### **Public Speaking**

Time: 1:00 pm - 4:00 pm

*An interactive workshop that helps participants build confidence, refine delivery, and engage audiences with effective communication techniques.*

**Workshop #364849**  
**June 25-26, 2025**

*All workshops will be held at Region One's Starr County Room.*

**HOSTED BY THE COUNSELING & MENTAL HEALTH DEPARTMENT  
FOR MORE INFORMATION CONTACT WANDA PEREZ AT (956) 213-6805**