

KELLY MOSENFELDER

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EMPOWERMENT THROUGH SELF-AWARENESS

3 : 60-75 min Workshops

1 : I FEEL THE NEED

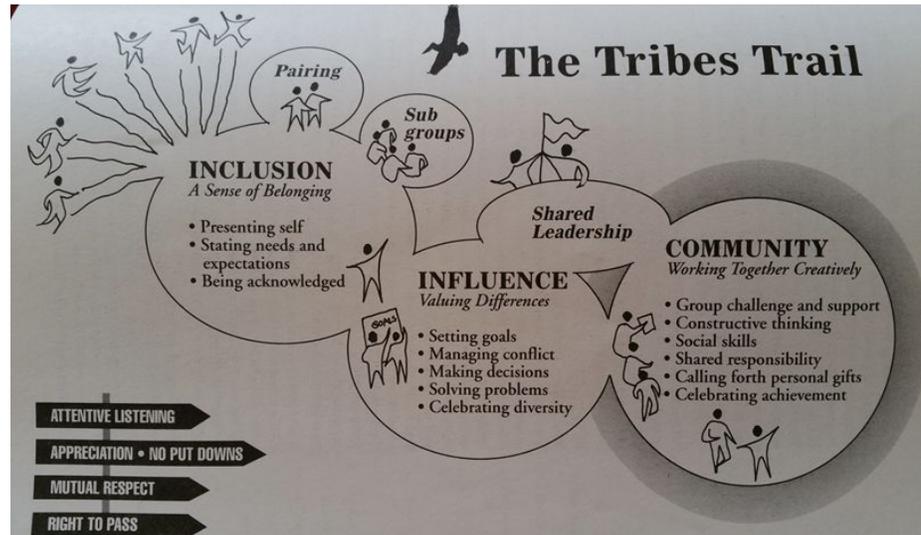
This workshop fosters better communication skills, especially useful for our interpersonal relationships with our closest family members and friends- but also vital for creating lasting depth in new relationships. We will actively show respect for individual differences and acknowledge the importance of our sense of belonging. Kelly will introduce concepts of Feelings/Needs and the skills we need



to be aware of our behaviors that arise when we express our feelings and seek the fulfillment of our needs. This involves the practice of active questioning and listening.

2 : SHARING MYSELF BUILDS COMMUNITY

This workshop focuses on Communication skills, participation, and the importance of sharing in the development of our communities. Here we will practice the art of giving and receiving compliments as we introduce ourselves and share personal insights around the circle. Our self-esteem grows as we trust what we have to offer and the collaboration that is possible when we respect our differences and find our common grounds.



3 : FLEX INNER STRENGTH WITH AFFIRMATIONS AND ART

This workshop will help build self-esteem. We will learn different affirmations and how to access our self-esteem through them, creating a foundation for understanding our personal self-reliance. You will learn both verbal and written affirmation skills. The activities we partake in will illustrate our ability for community building and co-creative reliance!



ABOUT KELLY MOSENFELDER

Communication has always been a passion of mine because it is an area we all face challenges in. At the crux of every issue in the world, political or personal, is an underlying communication misunderstanding. Therefore, I am dedicating my life to learning effective communication techniques and share them with others. I have a degree in Communication Sciences and Disorders from Chico State University . I plan to further my education in grad school and become a Speech Language Pathologist with an emphasis in pragmatic skills (social skills). I also have worked for the City of Eureka California as an after school program caregiver to elementary and middle school children. The program that had an emphasis on social communication and self expression through art. I am an artist and believe that art can be used as a healing and learning modality. In my experience art encourages feelings of empowerment and self appreciation. I have a strong belief that by increasing our self confidence and communication skills together we can create a healthier world. I enjoy learning and teaching self awareness, positive Non Violent Communication, breathing exercises, and self empowerment techniques to children and adults. The challenges in my own life have taught me the value in community building and encouraging others to be accomplish their dreams and goals one healthy choice at a time. I hope to inspire each one of you as you inspire me to continue striving to reach for the light at every turn.



SKILLS

Non Violent Communication, Building Self Awareness, Public Speaking, Personal Empowerment, Artistic Expression, Building Self Esteem and Community Building.

EDUCATION

Chico State University
Undergraduate degree in Communication Sciences and disorders