



The Walker Center for Academic Excellence proudly presents

Level Up Your Mindset Series

Facilitated by Dr. Charlene Glenn



Join us for the **Level Up Your Mindset Series** that is designed to strengthen your workplace performance, leadership skill development, mental toughness, and capacity for thriving in a dynamic environment. Learn tips and strategies to increase your mental agility, enhance your social skills and awareness, master making strategic career moves, and applying design thinking to your life plan. Interactive exercises and activities will be used to engage participants in the sessions.

Growth Mindset for Mental Toughness

September 30, 2021

6:30 p.m.-8p.m. via Zoom

Examine how a growth or fixed mindset impacts your decision making. Learn how mindsets change the meaning of failure and effort.

Strategic Thinking and Planning

October 28, 2021

6:30 p.m.-8p.m. via Zoom

Develop approaches to short-term and long-term planning for personal and/or professional goals. Project Gantt charts will be explored.

Social Intelligence for Thriving in the Workplace

November 18, 2021

6:30 p.m.-8p.m. via Zoom

Explore the two components in social intelligence: social awareness and social facility. Highlighted topics include: primal empathy, attunement, social recognition, influence, and concern.

Mindfulness Strategies for Mental Agility

December 9, 2021

6:30 p.m.-8p.m. via Zoom

Highlight mindfulness strategies to apply at work, to improve focus and productivity, and to enhance creativity.

Strategic Doing: Agile Leadership Skills – Part I

January 20, 2022

6:30 p.m.-8p.m. via Zoom

Strategic Doing involves ten agile leadership skills. In Part I, the first five skills will be covered. Collaborative problem solving to support innovation and change will be explored.

Strategic Doing: Agile Leadership Skills – Part II

February 17, 2022

6:30 p.m.-8p.m. via Zoom

In Part II of Strategic Doing, the final five leadership skills will be covered. Collaborative problem solving to support innovation and change will be explored.

Pivoting Your Next Career Move

March 17, 2022

6:30 p.m.-8p.m. via Zoom

Learn the four stages to assist you in making a career move or career change. Create a mind map to brainstorm possibilities.

Designing Your Life for Long-term Happiness

April 7, 2022

6:30 p.m.-8p.m. via Zoom

Examine the four principles of design thinking. Learn how to apply the principles to your life plan.

You can register for these workshops at www.peirce.edu/LevelUp.

Also, an email containing a link to register will be sent two weeks prior to each workshop.

About the Speaker – Dr. Charlene Glenn



Dr. Charlene Glenn is a professor in the Peirce College Business Division and a 2020-2021 Fulbright Scholarship recipient.

In the 2020-2021 year through her Fulbright designation, she facilitated a professional development series – Developing an Agile Mindset for the Competitive Business Landscape for business and industry professionals in Barbados, facilitated a Business Continuity session for the Academy of Women Entrepreneurs in Barbados, served as a guest lecturer at Barbados Community College for a Small Business Development and Entrepreneurship course, and served as the keynote speaker for U.S. Embassy in Grenada to kick-off Global Entrepreneurship Week. The U.S. Embassy of Barbados has invited her back to facilitate the Business Continuity session for the 3rd cohort of its Academy of Women Entrepreneurs.

Last year, she facilitated the Level Up Business Etiquette Series designed to strengthen students' workplace etiquette skills. She received very positive feedback about the series and below are a few anecdotal comments from participants:

"It was great to have relatable feedback you can begin to use right away".

"I love when participants have a chance to engage in the training. It is always a benefit to hear others' viewpoints".

"The camaraderie amongst the participants was great and the session was informative".

This year due to the challenges faced during the pandemic, working remotely, and social justice issues, Dr. Glenn will facilitate the Level Up Your Mindset Series. This series is designed to strengthen workplace performance, leadership skill development, mental toughness, and capacity for thriving in a dynamic environment.