



**PRESS RELEASE**

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TO: *Local Newspaper Editors*  
FOR: **ROP WITH PICTURE of Theresa Thurman, Wisdom Consulting**  
FROM: Suzanne Pletcher, Leadership Mendocino (707) 463-6967; LM@pacific.net  
DATE: Jan. 6, 2009  
RE: Business Lunch 'n' Learn Series Free, Open to All

## **Lunch 'n' Learn Business and Life Skills Series Offered in Ukiah**

UKIAH, CA—A series of free “brown bag lunch ‘n’ learn” mini-workshops covering business and life skills are being offered beginning on Wednesday, Jan. 21, from noon until 1:15 p.m. in the Merlot Room of the Ukiah Valley Conference Center, 200 S. School St., in downtown Ukiah. Just bring your own lunch and beverage and learn in a relaxed, conversational format led by a professional facilitator. The series continues on the third Wednesday of each month through June 17, 2009.

The series is co-sponsored by Leadership Mendocino, the Greater Ukiah Chamber of Commerce, and North Coast Opportunities as a benefit to the communities of Mendocino County.

Kicking off the series is Theresa Thurman, professional trainer, university educator and principal of Wisdom Consulting in Lake County. Her topic: *Everyday Leadership*.

“Leaders must be able to develop and maintain a working environment that inspires and encourages employees to develop to their fullest potential and meet established organizational goals,” Thurman explained. “We will explore leadership practices that focus upon organization, planning and decision making, building relationships and effective communication on a daily basis.”

Registration is walk-in and attendance is limited to 24 on a first-come, first-served basis.

“These Lunch ‘n’ Learn mini-workshops offer nuggets of pure gold for those interested in career growth and self-improvement,” said Suzanne Pletcher, executive director of Leadership Mendocino. “On the third Wednesday of each month through June, pack your lunch, join high-caliber facilitators, meet new folks and learn new skills.” Pletcher credits the professional instructors who are donating their time and expertise on behalf of community development so that the series can be offered at no charge.

For more information, visit [leadershipmendocino.org](http://leadershipmendocino.org), call the Leadership office at (707) 463-6967 or the Greater Ukiah Chamber of Commerce at (707) 462-4705.

The schedule of the series is:

<b><i>Date</i></b>	<b><i>Topic</i></b>	<b><i>Facilitator</i></b>
Wed., <b>Jan. 21</b> , 2009 Merlot Room, UVCC	<b><i>Everyday Leadership</i></b> : <i>how effective leaders organize, make decisions and communicate</i>	Theresa Thurman, educator and principal, Wisdom Consulting
Wed., <b>Feb. 18</b> , 2009 Merlot Room, UVCC	<b><i>Your One Page Business Plan</i></b> ® : <i>quick-start new business development</i>	Catherine Marshall, consultant to nonprofits
Wed., <b>March 18</b> , 2009 Merlot Room, UVCC	<b><i>Community Engagement Governance</i></b> : <i>look at how Boards are structured, how power is distributed</i>	Michael Kisslinger, program coordinator, Catalyst
Wed., <b>April 15</b> , 2009 Merlot Room, UVCC	<b><i>Tools for Reaching Workplace Agreement</i></b> : <i>learn a process to lead group exploration, narrow options and build final agreement.</i>	Suzanne Pletcher, executive director, Leadership Mendocino
Wed., <b>May 20</b> , 2009 Merlot Room, UVCC	<b><i>Creating Worker/Family Friendly Workplaces</i></b> : <i>explore how office atmosphere and employee relations create a worker friendly workplace and retention.</i>	Dr. Karin Wandrei, Executive Director , Mendocino County Youth Project, professional consultant
Wed., <b>June 17</b> , 2009 Merlot Room, UVCC	<b><i>The Alchemy of Groups</i></b> : <i>unleash the power of your group, learn 6 elements that incorporate diverse talents and perspectives into high satisfaction and extraordinary results.</i>	Debbie Pruitt, principal, Group Alchemy Consulting