



## Council of Neighborhoods

### AGENDA

Wednesday, January 7, 2015

Potluck 6:00 pm

Training 7:00 – 9:00 pm

Shoreline City Hall, Council Chambers

### **POTLUCK DINNER**

Join us to kick off the New Year with a celebration and time to converse and share. Potluck assignments: last name starts with: A-I main dish; K-P side dish; Q-Z dessert

#### **I. Call to Order**

**7:00– 7:02 pm**

*June Howard, Chair*

#### **II. Poem**

**7:03 – 7:05 pm**

*Krista Tenney, Vice Chair*

We read a poem to bring our attention to the task at before us, to focus our thoughts and to provide a point of beginning to our evening.

#### **III. Announcements**

**7:05 – 7:10 pm**

#### **IV. Training: Creating Conversations that Connect**

**7:10 – 9:00 pm**

Open to all Board members and key leadership in Neighborhood Associations.

This interactive, educational and entertaining session is designed to accelerate real learning and its application on the spot. People learn best by doing. If they enjoy the process, they become more relaxed. As they relax, they become more creative. As they let themselves be more creative, they learn how to be more effective at communication and relationship building. Discover how applied improvisation principles and techniques, practice, and role play enhance both transferrable and targeted interpersonal communication skills:

*Make wise choices about what to say and when and how to say it. Gain critical awareness, tips, and tools you can use to more readily adapt your response to the person and situation before you and get better results with people.*

*Learn to:*

- *listen and respond in ways that foster connection, trust and relationship*
- *stay focused, at ease, positive, and constructive*
- *talk so people will listen, and listen so people will talk and tell you what you need to know*

### **About the Presenter:**

Sandy Bjorgen is the founder of IMPROV-able Results. She teaches business leaders, staff, and teams to communicate with confidence, credibility, and impact: before groups, on camera, and one-to-one. She has an MA degree in Coaching Psychology, specializes in applied improvisation, and has over 25 years combined experience in the following fields: education, training and development, sales and marketing, organizational leadership and management, public speaking and performance, creative problem solving and innovation, conflict management. Sandy is also an RSP (Recovered Shy Person) who helps people transform their lives by turning nerves into nerve! Learn more about Sandy at [www.improv-ableresults.com](http://www.improv-ableresults.com).

### **FUTURE 2015 TOPICS**

- Aurora Square Community Renewal Area Update
- Emergency Preparedness
- Taxes, incorporation, and nonprofit essentials
- Training on recruiting new community leaders and reflect diversity
- Elections of CON Executive Board
- Placemaking
- Arts Council Update

### **To submit an agenda item for the Council of Neighborhoods monthly meeting:**

1. Request that the item be added to the next meeting's agenda during the Council of Neighborhoods meeting; or
2. Contact any Board member or Neighborhood Coordinator (Nora Smith) at least two weeks prior to the next Council of Neighborhoods meeting date to request the agenda item; or
3. Attend a Board meeting to request the agenda item. Board meetings are generally scheduled two weeks before the Council of Neighborhoods meeting. Call a Board member or staff to confirm meeting time and place; or
4. Request an agenda item be added at the start of the Council of Neighborhoods meeting (during the approval of the agenda). This is the least preferred method and subject to the prerogative of the Chair.