

Dietitians of West Michigan and Gordon Food Service Present:

- Relationship Building for Career Success *Presented by: Christine Palumbo, RD*
- Eight People Nobody Wants and Everyone Seems to Get *Presented by: Ken Wasco*

Thursday May 28th, 2009

12:30p.m. – 4:15p.m.

Gordon Food Service

Conference Room A

420 Fiftieth St., SW
Grand Rapids MI 49501
(800)968-4426

Cost DWM Members are free. \$20 fee applies to guests.

RSVP Please RSVP by May 23rd to the GFS Nutrition Resource Center at NRC@gfs.com or 800-968-4426.

Directions

U.S. 131 to 44th Street. Turn East onto 44th Street, turn Right onto Clay Ave, and turn left onto 50th Street SW. Pull into the parking lot on your right once you pass the GFS building on your right. Parking is available in either this lot or the lot on the opposite side of the building. Enter through the door of the building with the red roof overhead. *(See address on left)*

Seminar Summary and Objectives

Presenter: *Christine Palumbo, RD*

Objectives: At the conclusion of this workshop, participants will be able to:

1. Recognize the benefits of building relationships
2. Explain how to build relationships
3. Identify the qualities to successful relationships
4. Apply 21st century innovations to career growth

Presenter: *Ken Wasco*

Objectives: At the conclusion of this workshop, participants will be able to:

1. Become aware of the significance communication plays in their ability to accomplish positive personal and professional results.
2. Discover how correctly dealing with the spectrum of people is a learned behavior.
3. Learn to identify eight difficult behaviors that manifest themselves in the workplace.
4. Understand that how we cannot change anyone, what we can do is alter our own behavior in response to the behaviors we encounter.
5. Understand how societal, environmental, and hereditary factors affect achievement.
6. Participate by lecture and example in identifying the key non-verbal communicators we all possess.
7. Learn how our "circle of success" contributes to personal and professional achievement.

Agenda

12:30 – 1:00 p.m. Networking Lunch
1:00–2:30 p.m. Relationship Building for Career Success
2:30-2:45 p.m. Break
2:45-4:15 p.m. Eight People Nobody Wants & Everyone Seems to Get

ADA Contact Hours

3 CEC hours available.

About the Speakers:

Christine Palumbo, RD

Since 2001, Christine has written the Food News column for Allure magazine. She also writes the Good Sense Eating column that appears in Chicago Parent, Brooklyn Family, Queens Family, Long Island Family, and Bronx Family magazines, and regularly contributes to FoodFit.com and Health magazine. No stranger to the media, she has appeared on the Oprah Winfrey Show, Fox News Channel, CNN Financial News Network and ABC News. Christine has conducted dozens of media interviews for national magazines like O, the Oprah Winfrey magazine, Health, Woman's Day, Women's Health, Redbook, Shape, and Cosmopolitan. Christine has held many leadership positions with the American Dietetic Association, and is in her final week serving on the Board of Directors as a Director-at-Large. Awards include being honored as the Illinois Dietetic Association's Outstanding Dietitian for 2002 and the 2007 Nutrition Entrepreneurs DPG Outstanding Nutrition Entrepreneur of the Year. Christine is from Naperville, Illinois, a suburb of Chicago.

Ken Wasco

Ken Wasco is a Marketing Catalyst with Gordon Food Service and a well utilized member of the National Speakers Association. Ken has been involved in creating success with people for operators within the hospitality industry for over 30 years. And, within the service industries he has earned the unofficial title of "industry doer". At the 2008 National ADA Conference Ken and co-author Ellyn Luros-Elson presented their book "Live Like You Mean It!" to an enthusiastic audience. Ken has keynoted virtually every state and national industry healthcare and foodservice conference and conducted over 4000 seminars and workshops on enhanced effectiveness.