

## **Problem-Solving Workshop**

Wednesday, September 18, 2024 9:30 am - 3:00 pm (30-minute lunch)

This six-hour workshop focuses on problem solving and decision making strategies for success in life, learning, and work.

A problem is a situation or issue that presents difficulty, obstacle, or challenge in achieving a desired outcome. You will learn how to find solutions as a means of resolving a problem or addressing an issue.

The workshop will focus on the following aspects problem solving:

- Step-by-step process to solve significant problems in life, learning, and work.
- Define what critical thinking is.
- Define what problem solving is.
- Learn two ways problem solving benefits you in life, learning, and work.
- Identify three skills needed to be an effective problem solver.
- Identify strengths, areas for development and an action step regarding problem solving.

Decision making is part of problem solving and is the process of making choices by identifying a decision, gathering information, and assessing alternative resolutions. Using a step-by-step decision-making process can help you make more deliberate, thoughtful decisions by organizing relevant information and defining alternatives.

The workshop will focus on the following aspects of decision making:

- Understand the seven steps of decision making.
- Apply decision-making methods to life, learning, or work.
- Explore thinking skills strengths and areas of growth.
- Understand the four quadrants of the time-management model.
- Evaluate personal decision-making skills.
- Identify strengths, areas for development and an action step regarding decision making.

Registration Deadline: Sept. 11, 2024

For more information, contact us at: 204-326-2123 west.steinbach@wem.mb.ca

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Please provide your name, phone number and email address.

LAND ACKNOWLEDGEMENT: We acknowledge that we at WEM, ESM and WPLAR live and work in Treaty Territories No. 1, 2, 3, 4 & 5, the ancestral lands of the Cree, Inninnowuk, Dene, Saulteax, Oji-Cree and Anishinabe. We acknowledge that Manitoba is located on the Homeland of the Red River Metis. We acknowledge that northern Manitoba includes lands that were and are the ancestral lands of the Inuit. We respect the spirit and intent of Treaties and Treaty Making and remain committed to working in partnership with First Nations, Inuit and Metis people, in the spirit of truth, reconciliation and collaboration.