

# ENHANCING PERSONAL EFFECTIVENESS



with  
Mandy Kotzman, Ph.D.,  
Certified Life Coach

You can learn to get along better with yourself and others by combining enhanced self-knowledge with communication skills

based on "**Listen to Me, Listen to You**"  
by Anne Kotzman and Mandy Kotzman

Integrated Four-part Program:-

March 14 "Get to Know and Like Yourself Better"  
March 21 "Powerful Listening"  
March 28 "Artful self-assertion"  
April 4 "Collaborative conflict management"

**Register at (970) 221 6640 or [www.fcgov.com/recreator](http://www.fcgov.com/recreator)  
Course # 14514-01; \$60**

Jointly offered by  
Creative Pursuits LLC & City of Fort Collins Recreation Program  
6:30-8:30 p.m.; Fort Collins Senior Center

The city of Fort Collins will make all reasonable accommodations for access to City services, programs and activities and will make special communication arrangements for persons with disabilities. Please call 224-6047 for assistance, TDD/TTY 224-6002.



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