



## From Ordinary to Extraordinary: Turning Challenges Into Opportunities



### UP YOUR GAME WITH GREAT COMMUNICATION

Sunday, March 6, 10 - 12 Noon

Learn to boost your interpersonal skills to create a positive environment that motivates and engages the people around you. We will explore how to find your own B.E.S.T. personal style to enhance your relationships, productivity and influence.

**Presenter: Marian Anderson**  
Director of Talent Management & Leadership Development, Edwards Lifesciences

Marian has over 25 years of experience developing leaders. Through her highly regarded training program, Martha has helped countless individuals to hone in on communication styles that work best for them.



### ENHANCE YOUR JOB SEARCH & SOCIAL LIFE THROUGH SOCIAL MEDIA

Sunday, July 10, 10 - 12 Noon

This interactive session will teach you tips and tricks for using Facebook, Twitter, LinkedIn and more to enhance your job search as well as your social life! Learn online DOs and DON'Ts and new ways to network. Come dressed for success! You will have an opportunity to take complimentary headshots.

**Presenter: Allison Johnson, LMFT**  
Director of Client Services, JFFS

A social media wizard, Allison is a Licensed Marriage and Family Therapist working with couples, families and individuals. Allison speaks frequently to Orange County groups about substance abuse, mental health, mindfulness and communication.



**Presenter: Anita Lewicke, Manager, CRM, JFFS**

Anita is a technology professional, instrumental in rolling out a complex multi-organizational technology project with Jewish Federations across the country. She recently chaired a national conference for finance and technology professionals.



### EMERGING FROM LOSS

Sunday, April 3, 10 - 12 Noon

Loss is inevitable. How we deal with it is life-defining. Susan will chronicle her journey before, during, and after her husband's illness and death, and how she ultimately reinvented herself. She will share tools to alleviate confusion, simplify decisions, work through transformation and prepare for the future.

**Presenter: Susan Alpert**  
Author & Consultant

Susan earned an M.A. in Education and Psychology, owned several multi-million dollar corporations, and has appeared on national TV shows. Susan founded the women's group, "Soaring in Your Sixties." She currently works as a consultant and provides pro bono work on grief.



### EXTRAORDINARY BEGINS WITH THE ORDINARY: START WHERE YOU ARE

Sunday, August 7, 10 - 12 Noon

Discouraged by all the obstacles that life puts in your way? Discover how to access your internal "superpower" to fuel your courage to bounce back quickly from failure and obstacles.

**Presenter: Cathy Rooney**  
Former VP, Sales Operations and Client Services, CoreLogic and First American Financial

Cathy has held various executive leadership positions in the financial services technology industry for over 30 years. A specialist in guiding organizations through change, she sees transition periods as ripe with possibilities. Now retired, her mission is to enliven and enrich everyday experience with the power of presence.



### RATCHET UP YOUR BRAIN POWER

Sunday, May 15, 10 - 12 Noon

Would you like to improve focus and cognitive function in all aspects of your life? Good News! The brain can get better with age. You will learn brain-building strategies to help avoid the onset of chronic diseases or other health conditions, improve your brain function and prevent cognitive decline.

**Presenter: Jondra Bjorkman, M.A.**  
Health & Wellness Coach

Jondra is certified as both a Nutritional Counselor and an Integrative Health Coach. A sought-after trainer in organizational settings, Jondra has helped hundreds of clients make lifestyle changes that promote their health and well-being.



### TURNING DOWN YOUR EMOTIONAL VOLUME

Sunday, September 18, 10 - 12 Noon

A third-generation Holocaust survivor, Cindy had to "turn down her emotional volume" in order to get the most from her fellowship opportunity, *Germany Close Up: American Jews Meet Modern Germany*. Cindy will share how she learned to make more informed decisions by not letting her emotions take over and grounding herself with facts!

**Presenter: Cindy Jacobs**  
Development Associate, JFFS

Cindy holds a B.S. in Journalism from Michigan State University and is also a certified yoga instructor. Prior to her work at JFFS, Cindy directed a team of journalists at The Detroit News and managed a marketing team for The Detroit News and Free Press.



### GUARD AGAINST CYBER-THREATS

Sunday, June 12, 10 - 12 Noon

Cyber theft is on the rise - don't be a victim! This interactive presentation will teach you how to minimize your risk, recognize warning signs on your computer, and identify the steps to take if you become a victim.

**Presenter: Angelica Gottardi**  
Special Agent, Federal Bureau of Investigation

Employed with the FBI since 2004, Angelica is currently assigned to a Cyber Squad in the Orange County Resident Agency, where she is responsible for conducting counterterrorism, counterintelligence and criminal cyber investigations.

All lectures are **FREE** with required  
**RSVP to Lucy@JFFS.org or**  
**949.435.3460**

*Space is extremely limited.*