

CONVENTION 2004

LEARNING *EDVENTURES*:

PEAK PERFORMANCE WORKSHOPS

Attention all Quota lifelong learners... Convention 2004 is offering TWO afternoons of inspiring, educational, informative, and instructive learning opportunities – on Saturday (**Peak Performance Workshops**) AND Sunday (**'Best of the Best' Quota Success Panels**). We have a "learning *edventure*" for every Quota interest—12 separate break-out sessions in all.

SATURDAY PEAK PERFORMANCE WORKSHOPS

Saturday, July 17, 2004 – 2:45 – 5:00 p.m.

Charge up your learning battery by participating in today's Peak Performance workshops—designed to help you achieve excellence in your club, in Quota, and in your own life. Workshops are presented by volunteer members, leaders, and friends—all experts in their related topics.

CHOOSE TWO!

Select the two workshop topics that interest you most. Session 1 in all Tracks runs from 2:45 – 3:45 p.m., and Session 2 in all Tracks runs from 4:00 – 5:00 p.m. You do not need to register for the workshops beforehand. The cost of participation is included in your registration fee. Attend both sessions within a particular track or pick and choose sessions from two different tracks. The choice is yours! Track 1 is recommended for club leaders.

LOCATION

Track 1 workshops (Ballroom) are located on the Convention Floor. Track 2 (Tudor 7 & 8) and Track 3 (Confederation 5 & 6) workshops are located on the Main Mezzanine Floor. These two floors are conveniently connected via an escalator, a bank of ten elevators, and two staircases. Please review the hotel floor map in Tab 1 for exact room locations.

'PEAK PERFORMANCE' WORKSHOPS AT A GLANCE

Turn the page for detailed workshop descriptions and presenter information.

TRACK 1: PEAK CLUB PERFORMANCE

Ballroom – Convention Floor

Session 1 – *Create Your Club's Own Best Future: Club Management Training* (2:45 p.m.)

Session 2 – *85 and STILL Kicking Up a Storm: Secure Your Club's NEXT 15 Years* (4:00 p.m.)

TRACK 2: PEAK PERSONAL PERFORMANCE

Tudor 7 & 8 – Main Mezzanine Floor

Session 1 – *Smile! You're on Quota's Camera: Take Great Photographs* (2:45 p.m.)

Session 2 – *Women's Health Issues and Exercise* (4:00 p.m.)

TRACK 3: PEAK QUOTA PERFORMANCE

Confederation 5 & 6 – Main Mezzanine Floor

Session 1 – *Explore Quota's Finances: Answers to Your Quota Questions* (2:45 p.m.)

Session 2 – *Robert Knows Best! Parliamentary Procedure Boot Camp* (4:00 p.m.)

TRACK 1: PEAK CLUB PERFORMANCE

SESSION 1 – CREATE YOUR CLUB'S OWN BEST FUTURE: CLUB MANAGEMENT TRAINING

- Daryl Perrine, Central Area Director and Chair, Development and Growth Committee
- Ballroom (Convention Floor)
- 2:45 – 3:45 p.m.

Club presidents...this session is for YOU! Join QI's development and growth leader for this in-depth club management training filled with leadership tips, skill building information, and resources that will help your club flourish in the year ahead. Topics to include: setting club goals, techniques for strengthening your club's membership, tips for getting noticed in your Quota community, and the latest QI programs and resources available for clubs.

SESSION 2 – 85 AND STILL KICKING UP A STORM: SECURE YOUR CLUB'S NEXT 15 YEARS

- Beatriz Doran-Scoop, Past International President
- Ballroom (Convention Floor)
- 4:00 – 5:00 p.m.

Calling all clubs! There is no greater "present" you can give your club than planning for its future. Do you know "where" your club is going, how it's going to get there, and how you'll know when you've arrived? Getting good answers about your club's future requires asking the right questions. Join PIP Beatriz Doran-Scoop and learn the nuts and bolts of launching strategic planning in your club. You'll leave with a tested, ready-to-use tool that will guide your club every step of the way.

TRACK 2: PEAK PERSONAL PERFORMANCE

SESSION 1 – SMILE! YOU'RE ON QUOTA'S CAMERA: TAKE GREAT PHOTOGRAPHS

- Leah Thomson, QI of Peterborough, ONT, Canada
- Tudor 7 & 8 (Main Mezzanine Floor)
- 2:45 – 3:45 p.m.

One great photo IS worth 1000 words! Learn how you can take photographs that get noticed inside Quota and out. Great photos can improve your chances of getting good press in your community, and they can help you attract new members when you publish them on your club Web site, promotional materials, or newsletters. This session shares tips that will help you improve your picture-taking skills. Critique photographs, and discuss what makes a photo not just good, but great! There is no need to shudder when your camera shutter clicks!

SESSION 2 – WOMEN'S HEALTH ISSUES AND EXERCISE

- Ruth Carson, Owner, Equinox Physical Therapy, Fairbanks, Alaska
- Tudor 7 & 8 (Main Mezzanine Floor)
- 4:00 – 5:00 p.m.

A new Quota year is underway, and Convention 2004 will help YOU get a healthy start! Learn the latest information about fitness and nutrition from this physical therapist (with 20 years experience!) who is also an expert on women's health issues AND a 16-year Jazzercise instructor. This session includes plenty of time to answer YOUR questions on any health and fitness topic. You will come away from this informative session with the latest knowledge that will enhance your health for years to come.

TRACK 3: PEAK QUOTA PERFORMANCE

SESSION 1 – EXPLORE QUOTA'S FINANCES: ANSWERS TO YOUR QUOTA QUESTIONS

- Carolyn Rice, Treasurer, and Kathleen Treiber, Executive Director
- Confederation 5 & 6 (Main Mezzanine Floor)
- 2:45 – 3:45 p.m.

Are you interested in Quota International's finances? Do you have specific questions about the 2004 Treasurer's Report? Would you like more information about how Quota funds its programs and operations? Would you like more information on how your dues dollars, donations, and fees fund the work of your international organization? Are you curious about how the Quota International Office operates? Then this session, devoted to answering your Quota finance questions, is for you. Every question answered...guaranteed!

SESSION 2 – ROBERT KNOWS BEST! PARLIAMENTARY PROCEDURE BOOT CAMP

- Carolyn Stubbs, Past International President and Quota International Parliamentarian
- Confederation 5 & 6 (Main Mezzanine Floor)
- 4:00 – 5:00 p.m.

Parliamentary procedure is the key to responsible and respectful, democratic decision-making at club, district, and area meetings, and convention. Come and learn how Quota utilizes Robert's Rules and parliamentary procedure to listen to the voice of the majority while protecting the rights of the minority. Brush up on your knowledge or build new skills one day prior to the Convention 2004 Bylaws session. This workshop is presented by one of Quota International's most knowledgeable leaders experienced in parliamentary procedure.