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# SASI Presents:

*Reflect, Refresh, Refine*

Dee Byrnes

On February 3, SASI (Support All Staff Involvement) hosted the “Reflect, Refresh, Refine” professional development workshop for all SDES staff members. In total, 93 participants attended the event. Dee Byrnes, from The Byrnes Group, was the facilitator of the workshop. Dee worked with the Disney organization for over two decades before becoming the principal for The Byrnes Group. The workshop was extremely interactive and the group activities were very interesting and fun. The event was well received by all.

Stay tuned for additional future workshops hosted by SASI....

# Session Goals

## **Reflect**

*Reflect* on your successes as individuals, not only in the workplace but your lives overall.

## **Refresh**

*Discuss* with colleagues elements of your working environment that truly satisfy and challenge you.

## **Refine**

*Practice*, discuss and develop shared coaching approaches to workplace challenges and preferred workplace behaviors.









EXIT







