

Women at the Helm

A LEADERSHIP & PROFESSIONAL DEVELOPMENT GROUP



Overview

This is an ongoing, closed group for professional women seeking to enhance their competencies, influence, and leadership while achieving greater career satisfaction and higher levels of performance.

- Develop your proficiencies in strategic thinking, decision making, organization, communication, relationship-building, supervision, and other critical areas of performance.
- Identify your unique style and competencies and learn to how apply them most effectively.
- Receive group coaching, including guidance on your particular situation.
- Explore obstacles facing women in the workplace and develop tactics to successfully navigate these challenges.
- Increase engagement in your current role and align competing priorities to support resilience and wellness.

Participants

- Women in leadership and professional roles who enjoy insightful discussions; receiving and giving feedback; and pursuing personal excellence.
- One-year commitment.
- Up to 12 participants in a highly interactive, small group environment.

Format & Logistics

- Closed, confidential group facilitated and coached by Elissa Denton and Colin Bunnell.
- Explores pre-set topics as well as immediate challenges faced by participants in a challenging yet supportive environment.
- Monthly meetings held at **Inn at the Commons in Medford, 3–6 pm** on the **second Wednesday of each month** starting in October. Appetizers provided. No meetings in December and August.
- Psychometric assessments from Centerpoint's web portal (including Myers-Briggs Type Indicator, Thomas-Kilmann Conflict Mode Instrument, and Strong Interest Inventory).
- Centerpoint360 multi-rater feedback with up to 25 raters.
- Networking and virtual support with participants and facilitators between meetings.
- Optional 1:1 coaching with any Centerpoint coach (additional fees apply).

Facilitators

Elissa and Colin are Senior Associates at Centerpoint and have extensive experience in facilitation and coaching. They share a passion for helping women thrive personally and professionally.

Colin Bunnell brings over 20 years in human resources management and consulting, primarily in the high-tech, service, and manufacturing industries. Her consulting and coaching expertise are in human resources policy and process; talent management; coaching; facilitation; training; and mediation. While in Silicon Valley, Colin consulted for a range of Fortune 500 companies, including Cisco Systems, Sun Microsystems, and Philips Consumer Electronics & Semiconductors. In the Rogue Valley, she has held senior HR roles at Southern Oregon University and Carestream. Colin has a master of arts in human resources & organizational development and a bachelor of science in sociology.



Elissa Denton specializes in facilitation and training; professional and team development; project management; behavioral wellness; and equity, diversity, and inclusion. Elissa has held positions of Program Manager, Development Specialist, and Head Instructor with organizations such as Resolve Center of Dispute Resolution & Restorative Justice, Planned Parenthood of Southwestern Oregon, and Adirondack Leadership Expeditions. She is currently completing her master of social work at Portland State University and has a bachelor of arts in geography, education, and environmental sciences. Elissa is a long-time yoga practitioner and instructor.



Contacts & Registration

- **Elissa Denton:** edenton@centerpointonline.com | 802.535.7485 (cell)
- **Colin Bunnell:** colinb@centerpointonline.com | 541.301.9757 (cell)
- **Registration:** info@centerpointonline.com

Fees

- **Annual fee:** \$2,250 | **1:1 Coaching:** \$120 per hour (regularly \$160/hr.)
- Partial scholarships available. Contact Centerpoint for more information.