

Discover professional development training opportunities at the DBC.

Meet our instructors and sample selected courses.

See how we can help you develop customized training for your organization.



For more information or to register for this Professional Development Showcase, please contact the



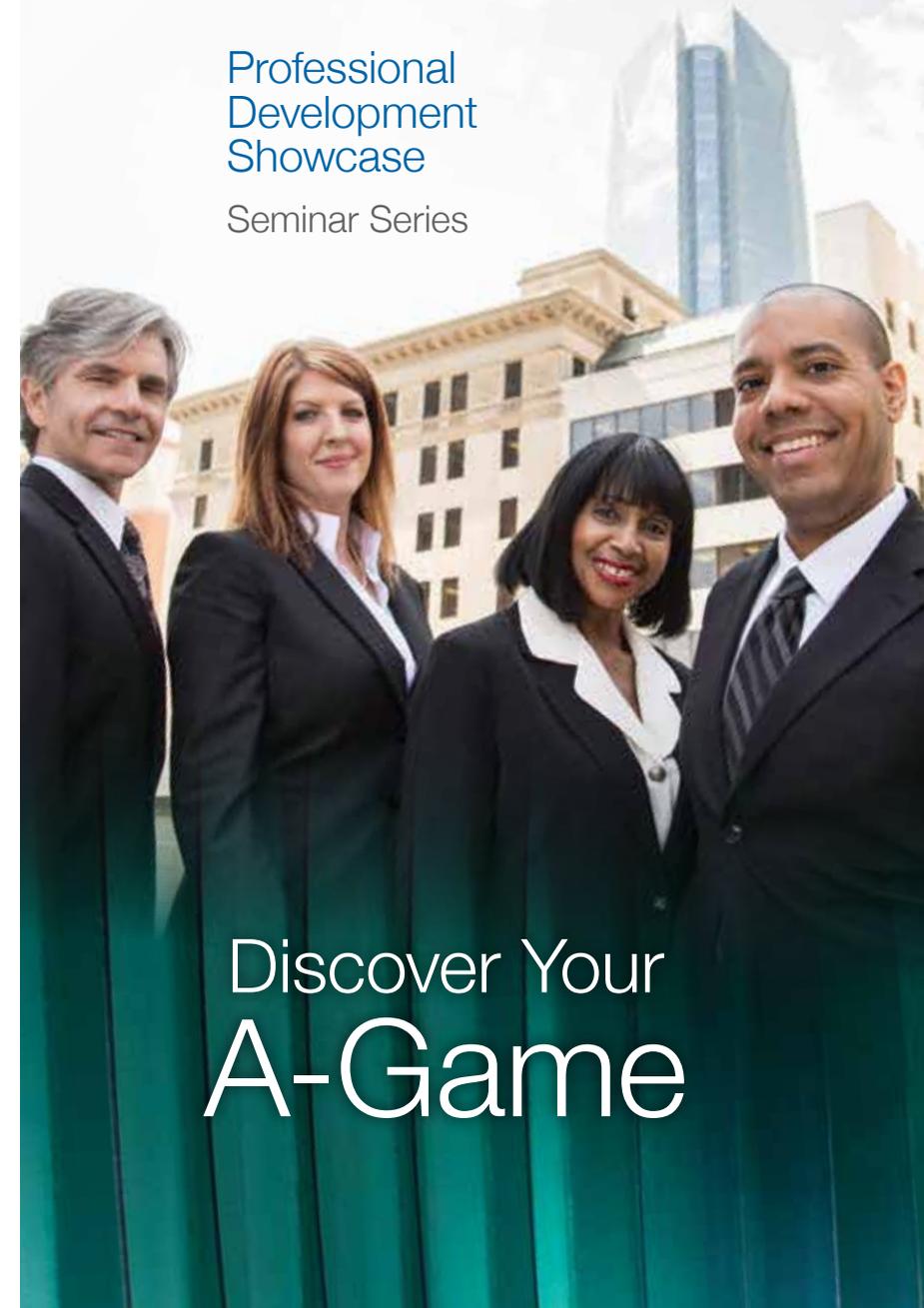
100 N. Broadway – 3rd Floor
Oklahoma City, OK 73102

405.595.4090
Downtown@MetroTech.edu
MetroTech.edu/DBC



Professional Development Showcase

Seminar Series



Discover Your
A-Game



Discover Your A-Game

The DBC offers a full lineup of talent and organizational development training options. This complimentary series focuses on the fundamental capabilities all professionals need to succeed today.

“Try before you buy” an assembly of selected topics that offer just a sampling of what the DBC has to offer. Showcasing the essential building blocks that differentiate superior performers from the rest of the pack, the A-Game courses will be taught by two of the DBC’s premier adjunct instructors.

All sessions run from 9-11 a.m. and include a light continental breakfast. While the topics are presented as a series, each is a stand-alone session. Registration is required.

October 24: Emotional Intelligence

We all have moments when we tell ourselves: “It would be so much simpler if I just did this myself.” Today’s work, though, almost always requires input and contribution from others, making it impossible to

accomplish our goals without counting on, collaborating with and involving co-workers. Emotional intelligence gets to the core of our interactions with others. What is best about emotional intelligence is that we can all get much better at it.

November 7: Leadership and Feedback

As a leader, it’s likely you are well versed at giving feedback. However, as we work to retain and engage employees, they tell us they want more feedback but they don’t know exactly how to receive and implement it. The moment of receiving feedback is often uncomfortable, where emotion and skill clash. Receiving feedback sits squarely in the intersection of confidence, acceptance, professional perception and developmental goals. This seminar will teach you a sure-fire four-step process to help others receive feedback actively and integrate it into your workforce.

November 28: Managers as Coaches

Research on coaching shows a 300–500 percent return on investment when business coaching is used in the workplace. Having managers who understand coaching and the coaching process creates an invaluable resource for employees, and also creates the opportunity for peer coaching. Suddenly, with coaching readily available within your teams, your culture is even more supportive of creative problem solving and collaborative spaces.

December 12: Leading Change

The series concludes with a “capstone,” in which the capabilities you developed during the previous workshops are applied to real-life organizational change. Superior performers have a critical role in their organizations as leaders, mentors and coaches. The capstone challenges you to critically consider your current contributions to a change initiative and how you can apply your core capabilities to be an even better leader of change.

