



# QUAD-CITY AREA LABOR-MANAGEMENT COUNCIL

P. O. BOX 1365, MOLINE, IL 61266-1365  
Phone (309) 794-9194 - EMAIL: QCALM@QCALM.ORG

## 2019 Schedule “Change Is An Inside Job”

A Personal Growth and Goal Setting Program

“Change Is An Inside Job” is a powerful and comprehensive personal growth and goal setting program that helps us break through the barriers that keep us from reaching our full potential.

“Change Is An Inside Job” empowers individuals to reach their full potential by giving them the practical tools they need to meet the challenges of our fast changing world. It empowers them to make positive changes in their lives and take charge of their future!

“Change Is An Inside Job” is presented in 8 units that are packed with powerful and motivating concepts.

- \* Checking For Blind Spots
- \* A Foundation For Change
- \* The Barriers To Change
- \* Comfort Zones
- \* The Art Of Focusing
- \* A New Look At Motivation
- \* Goal Setting As A Skill
- \* A Tool Kit For Change

“Change Is An Inside Job” is **NOT** a passive program. After each concept is introduced, the facilitator leads discussion and conducts activities that help each individual understand how each concept applies to his or her own everyday life or work situation. No one leaves “Change Is An Inside Job” unchanged.

It is necessary to register and pay fees no later than the **Thursday BEFORE** the training begins...**NO EXCEPTIONS!!!** The fee for the class is \$150. Registration fee includes all materials and facilities. It must be paid in **CASH, MONEY ORDER, or CASHIERS CHECK; NO PERSONAL CHECKS CAN/WILL BE ACCEPTED!** Once the course has begun, there are no refunds.

The fees are to be mailed to our Post Office Box number:

**Quad City Area Labor Management Council (QCALM)  
P.O. Box 1365  
Moline, IL 61266-1365**

\* Call office (309-794-9194) to register and for directions to QCALM office

“Scheduled day class schedule for 2019,” Minimum 3 participants; Maximum 25 participants

January 14-17	February 18-21	March 18-21
April 15-18	May 13-16	June 17-20
July 15-18	August 12-15	September 16-19
October 14-17	November 11-14	December 9-12

**Classes are scheduled from 1:00p.m. – 4:00p.m.**

“Scheduled evening class schedule for 2019,” Minimum 3 participants; Maximum 15 participants

January 14-17    March 18-21    May 13-16    July 15-18    September 16-19    November 12-15

**Classes are scheduled from 5:00p.m. – 8:00p.m.**

**Classes are held at:**  
QCALM Classroom  
Paul Revere Square  
2322 E. Kimberly Road, Suite 220N  
Davenport, IA 52807

**FOR REGISTRATION PLEASE CALL (309) 794-9194**