

# Ten Things to Know

*Corporate conversations for personal growth and professional development*



## **THE TEN THINGS WORKSHOP**

The *Ten Things I Know Workshop* is a one-day seminar that will empower your workforce to take an active role in your company's success. This specially crafted program will help attendees develop leadership skills and learn practical and relevant self-improvement tips for navigating today's work environment. From entry level staff to C-Suite executives, this presentation offers something for everyone. Dr. Juliette's unique understanding of connectivity enables her to help your staff identify habits that are impeding their performance quality, from both a personal and work objective. Attendees will receive a copy of the book, along with further coaching on how to adapt to management changes, and how to navigate challenges experienced first-hand by Dr. Juliette. This workshop is more than a motivational meeting-it is a self-driven action plan for success!

## **THE TEN THINGS EXPERIENCE**

*The Ten Things I Know Experience* is an intensely-focused small group training session specifically designed to garner interaction between participants and facilitator. Juliette Okotie-Eboh, PhD, author of *Ten Things I Know* will take your staff on a journey of life lessons she's cultivated on her way up the corporate ladder. This small group forum allows more "air time" for participants to express opinions, contribute ideas, ask questions and learn from each other. Dr. Juliette creates opportunities for members to practice the skills they've learned and get to know each other better. Learning in this session is more dynamic for instant feedback and collaboration. This seminar will develop leaders in your company who will hold themselves and others accountable as they work toward a vision for success. Together with Dr. Juliette, your team will put their new skills into action and grow their leadership capacity.



### **THE TEN THINGS INTENSIVE (WOMEN ONLY)**

Women who work in corporate and government sectors will identify with *Ten Things I Know*, written by Juliette Okotie-Eboh, PhD. More than a “how to climb the corporate ladder” guide, this workshop is a frank conversation between woman facing the same challenges and struggles and how to implement the principles in *Ten Things I Know* work to addresses obstacles to success and advancement. Dr. Juliette challenges women to find their inspiration and take the necessary steps to make change happen. Women will go on a journey of self-discovery, learning through self-evaluation and peer feedback that will empower them to take charge of their personal and professional lives. *Ten Things I Know* is a practical, useful guide for today’s woman; whether she wants to take better care of herself or be of service to others. Once women have the opportunity to assess and practice these new skills and behaviors, they will take those learned new insights and create a compelling vision for the future.

### **TEN THINGS COACHING (ONE-ON-ONE SESSIONS WITH DR. JULIETTE)**

Those who need individualized direction for their life’s mission will find Juliette Okotie-Eboh, PhD a forthright and inspiring coach and mentor. In *Ten Things I Know*, Dr. Juliette outlines a practical guide for success, whether the reader is highly-educated or a GED graduate. With her personalized approach, you will create a vision for where you want to be in business and in life, developing specific plans to get you there while improving leadership skills along the way. Individuals will study the steps outlined in the book and work through self-management and self-awareness principles that prepare them to adapt and succeed in the ever-changing private and public sectors. *Ten Things I Know* includes action plans and creative ideas to enhance one’s personal and professional life. Dr. Juliette’s keen insight and wisdom will help encourage and prepare individuals to manage their time and their priorities.



*To inspire and empower people seeking to change  
their lives and the world around them.*

**Dear Friend,**

I'm excited to tell you about a life-changing project I've been working on. Dere Publishing Inc. is pleased to announce its corporate training program called "Ten Things I Know." This valuable book and coaching event is more than a motivational message—it is a partnership-building opportunity for your business with a non-profit charitable enterprise. The investment you make in your employee development will in turn benefit programs for homeless shelters and job preparation for high school and college students.

*Ten Things I Know* is the culmination of a career of learning how to survive and thrive in government and corporate sectors with integrity and perseverance. *Ten Things I Know* will inspire and educate workers from entry level to executive staff. *Ten Things I Know* is a resource guide for anyone looking to reevaluate their personal and professional purpose. Relevant life lessons are provided, ones I've found beneficial for cultivating relationships at work and learning how to prepare for changes beyond our control. It also serves as a workbook to conduct self-evaluations and create action plans. After every chapter, readers create ideas, record goals and list affirmations.

I offer a program that fits all corporate and educational environments from employee workshops to one-on-one coaching and specialized seminars just for women. In addition, each participant will receive a copy of the book and become better equipped to take your company to the next level. I hope you will take advantage of this opportunity to collaborate with Dere Publishing Inc. and change lives both inside and outside of your organization. See the enclosed information sheet for the types of training events available. I look forward to working with you and partnering on this new adventure.

Kindest Regards,

**Dr. Juliette Okotie –Eboh**

Founder, Dere Publishing

Author, Ten Things I Know