

Success Through Integrity

HALF-DAY WORKSHOP

Have you taken time lately to reflect on your attitude and behavior? Are you a consistent model of honor, integrity, and truthfulness in your workplace? Are you maximizing your strengths? Are there blind spots that prevent you from reaching your goals?

The **Success Through Integrity** seminar explores character and how it impacts every thought, word, decision, and action that we make in our daily lives. Participants are introduced to 36 positive character qualities that serve as tools for achieving our goals.

Through engaging exercises, you will identify your personal character strengths and the qualities that need more work. Each person will create a plan for taking their integrity to a higher level.



Registration Details

November 11, 2025 9:00 AM - Noon

Christ Church United Methodist Church
700 South Marshall Rd
Middletown, OH 45044

Cost: \$125/person; \$95 if registered by Oct 11

Topics & Exercises

- Building trust
- Holding ourselves accountable
- 36 positive qualities as tools
- Identifying your personal heroes
- Life accomplishments and personal strengths
- How to build character and integrity
- The Energy Quiz for identifying areas for improvement
- Acknowledging others for their character

Who Should Attend

Business leaders, educators, community leaders, staff and anyone who wants to be the best version of themselves.

Team of Facilitators

Mary Andres Russell, former Professional Development Director, Matthews Aurora

Kristi Eberhart, former Program Coordinator, Big Brothers Big Sisters

Sandra Szczygiel, (LPCC-S) Licensed Professional Clinical Counselor

Jill Tomey, Character Content Developer

