



International Public Management Association for Human Resources, San Diego Chapter  
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San Diego IPMA-HR is an affiliate of the International Public Management Association

## THIS MONTH'S MEETING:

**March 19, 2020**

Check-in 11:15 a.m.

Lunch 11:30 a.m.

Speaker 12:00 p.m. to 1:00 p.m.

### Please NOTE the Meeting Location:

Citrus Restaurant @ The Four Points Sheraton  
8110 Aero Drive  
San Diego, CA 92123

### PLEASE RSVP

**by Monday, March 16th by 12:00 p.m.**

<https://www.surveymonkey.com/r/2020March19>

**To change or cancel your RSVP,  
please send an e-mail to:**

**[sdipmarsvp@gmail.com](mailto:sdipmarsvp@gmail.com) by the RSVP deadline**

Cost with RSVP: \$25.00 (Members)

\$40.00 (Non-Members)

Cost for walk-ins: \$30.00 (Members)

\$45.00 (Non-Members)

To pay with your PayPal account, please send payments to SDIP-  
MAPAYMENT@gmail.com. In the PayPal Note, please include  
your name and the date of the luncheon.

No-show reservations and cancellations  
after RSVP deadline will be billed.

*This meeting qualifies for one point toward certification in the IPMA-SCP credential.*

## Boost Your Resilience During Challenging Times

### Anne Calle



Are you feeling the effects of the demands of today's 24/7 work culture? Does watching the nightly news deflate your hope and spirit for a better tomorrow? Regardless of what our workday, news about our country, or even the world has to show you, we have a choice of how we react to these

sometimes seemingly earth-shattering events. In this hour presentation, you will learn how to look at the things affecting your wellbeing and see them through a different lens. You will receive tips on how to manage your daily juggle and prevent burnout. With an in depth look at the lens through which you see your life, you will be able to turn discouragement and frustration into passion and determination. All you have to do is be willing to try. Come ready to do the work to change your life!

With over 24 years of human resources management, executive coaching, and leadership development experience, Anne has dedicated her career to helping professionals remove blocks and uncover blind spots to become their personal best. Her current projects include the San Diego County Regional Leadership Institute, she coordinated a National Mass Shooting Panel for law enforcement leaders across the region, and she is rolling out a new 10-course series for the District Attorney's Office designed to re-ignite passion and refine leadership skills.

For the March 19th meeting, we will be serving a plated lunch with the following entrée choices: Classic burger or Portabella Mushroom Sandwich with fries or salad. Please access the Survey Monkey RSVP for further details regarding these entrée choices.