There are many Personal Enrichment Programs available to help your chapter members to learn and grow! Here are the available courses, choose one today to present to your chapter. If you have suggestions for additional PEP courses, please contact the Living & Learning state program manager at ll@mnwt.org. The cost for the video programs is $25 each for materials for 10 people; additional materials are available for $0.50 each.

Rental Videos through the Chapter Service Center

I am Beautiful
Created to help build self-worth and confidence. Contains exercises to help you achieve new skills and personal growth.

Conversation Power in Action
Will give you the basic tools to use in either social or business situations. You will also learn "tricks" to become a better public speaker. Along with the video, there are three interactive exercises that will help you practice what you learned.

FISH
Catch the Energy & Release the Potential! FISH! Is about having fun, enjoying you, and being spontaneous and creative. It's about doing something special for your members and community. FISH! Teaches about being totally focused on the moment and on the person or task with which you are engaged. It is about accepting full responsibility for all of our choices, even our attitude about volunteerism.

CHANGE: Adapting to It, Living with It, Surviving It
This video course is to help our members accept and cope with change. This will give the members the tools to learn to accept change, cope with change and realize the consequences of resisting change. Along with the video there are exercises to learn about our behavior toward change and why we may need to adjust our attitude toward change.

Live Out Loud
You will have a great laugh as you learn how to develop the skills of living out loud, having more fun, growing in wisdom and loving better. You'll find ways to boost your energy and vitality, keep your heart healthy, bust your stress and let go of the stuff you no longer need to carry around. In short, you'll find out how letting go, laughing, loving and learning are the keys to living out loud!

Lead Out Loud
This presentation teaches people how to make others feel good. Audiences will learn how to motivate and encourage others better, be authentic at all times, program themselves for excellence, unlock the secrets and power of non-verbal communication, be humble and work collaboratively, build strong, lasting relationships, and how to have a positive spirit - not just a positive attitude!

212° The Extra Degree
At 211° degrees water is extremely hot. At 212° degrees it boils and produces enough steam to power a locomotive. Clearly, one additional degree of energy makes a huge difference in the end result. 212° the extra degree is a Personal Enrichment Course with a motivating and focused message. It helps team members understand and remember that by making small changes – by applying a little extra effort – they can realize greater success in their personal and professional lives.

Pulling Together: High Performance Teamwork
This presentation teaches us how to work together to achieve our individual and personal goals. Attendees will also learn strategies for problem-solving solutions, building trust, following through with commitments, and respecting each other differences and strengths. This course will leave you feeling energized to work together and the inspired to accomplish great things.

Laughter Yoga - *New in 2017!*
In this course you will experience Laughter Yoga, an activity that is fun, uplifting, and anyone can do it. During the course we will watch a video and complete exercises as a group. You will also take home a handout to help you continue practicing by yourself and with your family.

Improvise This! - *New in 2017! FREE and AVAILABLE ONLINE*
In this interactive course attendees will learn what improvisation is and why it is a valuable skill for everyone, not just actors. Participants will also try a variety of improvisation exercises to help them start practicing their new skills. Click here to print:
Improvise This! PE Course