

**Springfield Urban League  
Communities Empowering Youth (CEY) Program Presents:**

**Empowering Yourself and Others**

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**Upon completion of the web-based training session, trainees will be able to identify their strengths, weaknesses and behavioral style.**

**Learning Objectives**

Upon completion of the web-based training session, trainees will be able to define what stress is and define their individual optimal stress level. And ultimately, successfully manage stress with one's lifestyle. This process begins by accomplishing the following:

- Define empowerment
- Identify the fundamentals of good communication
- Discover your own personal power and how to use this power effectively
- Identify the “7 Habits of Highly Successful People”

To **register** for this free web-based training, please contact the  
Springfield Urban League CEY Program at  
**(217) 789-0830**