

Jodi O'Donnell

Reclaiming Hope:

Overcoming Hardships to Rejuvenate Your Personal and Professional Growth!

We can all agree that the last few years have been challenging. As a result, so many of us feel anxious, overwhelmed, and uncertain and are seeking guidance on how to move forward with hope. That's why this workshop was created.

Reclaiming Hope is an interactive workshop facilitated by internationally recognized presenters Jodi O'Donnell Ames and George Anthony who explore topics such as hope, love, resilience and overcoming challenging obstacles. This workshop provides a roadmap lined with applicable action steps to begin changing the dialogue from a scarcity mindset to one of abundance.

Jodi and George share essential tools and insights into the transcendent power to open minds and challenge you to create productive language, relationships and communication necessary to be the change you wish to see in the world.



Jodi O'Donnell



[/jodi-o-donnell-ames](#)

Jodi O'Donnell-Ames is a national speaker, author, coach and tireless advocate for Lou Gehrig's disease, or ALS (Amyotrophic Lateral Sclerosis). She is also the founder and board member of Hope Loves Company, a non-profit organization committed to providing educational and emotional support to children and young adults who have had or have a loved one battling ALS in their lives. She lives with her husband Benton in Titusville, NJ. Their children, all young adults, have lost a parent to ALS before the age of 11. Jodi has written two books, *The Stars that Shine* and *Someone I Love has ALS*. She was chosen as People Magazine's "Hero Among Us" and is the recipient of many awards including the Russ Berrie Making a Difference Award, the AFP (Association of Fundraising Professionals) Founder's Award, the TIAA Difference Maker Award, the New Jersey Governors Jefferson Award, the TCNJ Alumni Humanitarian Award and the Princeton/Mercer Chamber of Commerce Women in Achievement Award. In addition, she was invited to give a Tedx talk on Leading a Life with Purpose. Learn more at [joaspeakson.com](#)

For more information about this opportunity, please contact Jodi O'Donnell-Ames at



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George Anthony

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George Anthony

“The Art of Effective Communication-Overcoming Challenging Encounters and Creating Win-Win Dynamics” This dynamic interactive workshop will be facilitated by George S. Anthony. As a United Nations NGO Representative, he has introduced this workshop to national and international audiences worldwide. Effective communication is one the most critical tools in establishing successful encounters and relationships. This workshop will explore barriers to effective communication, reframing challenging dynamics, explore strategies that lead to success. Participants will leave this workshop with insights into creating win-win dynamics through better communication and effective responses to conflicts. Skills sets that can be utilized and implemented immediately in your work families and communities.

Reclaiming Hope is designed to be inactive. It is a three hour session for your team leaders and staff to work together to improve communications, strengthen inclusivity and develop self awareness.

What it will look like:

Team building

Breakout discussions

Audience Participation

Interactive Exercises: Neutralizing Challenging Encounters – Attending To Your Concerns- Leadership Skills to build your confidence.

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