Skill Builders

**Campus Tour for the Curious** - The 175-acre Boise State campus is more than a collection of buildings. Learn about the green roof, the bees, the ghost and more on this walking tour of Idaho's largest University.

**Campus Tour for the Student** - Whether attending college for the first time, looking for an advanced degree or simply curious about taking a few classes, this tour focuses on what steps to take to further your education at Boise State.

**Caring for an Elderly Parent** - The Census Bureau projects that by 2030, more than 20 percent of US residents will be 65 or older. The impact on their adult children is significant. The role reversal of caring for an elderly parent is monumental. Learn tips and strategies to ensure the best relationship for you and your aging parent.

**Estate Planning and Charitable Giving** - Creating your own estate plan allows you to determine the disposition of your assets, ensure that your wishes are honored and provide financial security. An estate plan that includes charitable giving also can perpetuate your values, support your passions and teach your family about philanthropy and community responsibility. This session will get you thinking about what's important for your future and your potential impact.

**Goal Setting and Career Coaching** - Learn the power of mapping your route to success, and why those who don’t often get lost. Discover what you want and build the tools to attain it - goal setting leads to goal getting. Learn the five steps to turning your dreams into reality.

**Investing for Everyone** - An analysis of more than 12 million investors showed that women demonstrated stronger savings rates than their male counterparts and enjoyed better long-term investment performance when they engaged in financial planning. Are you engaged? This session will help you build basic skills for taking charge of your finances.

**Leading an Effective Meeting** - Make your next meeting purposeful and productive. Learn to structure, staff and facilitate meetings that meet needs, stay on track and engender ownership from all participants.

**Look What I can Do** - Don’t wait for the opportunity to knock, seize the day and make it your own. Learn techniques to let the world know about your abilities, talents, and skills without walking around with a sandwich board or bragging through a megaphone. A fun discussion with lots of audience participation.

**Making Difficult Conversations Easier** - Different conversations are difficult, for different people, for different reasons. Identify what makes a conversation difficult. You will have the tools to see solutions, and ways to manage yourself to successfully navigate challenging or difficult conversations.
**Negotiating Success** - You want 20 but your boss wants 10. You want Hawaii but your partner wants Alaska. Sometimes compromise is necessary and sometimes it’s unacceptable. Improve your skills in analyzing what a successful solution looks like and how to accomplish it without bruising relationships.

**Personal Safety at Home and on the Road** – Does your job require you to travel? The distraction of work and a new city can lead to inattention and risk. Join the Boise City Police Department in this session addressing your safety both at home and while traveling.

**Presenting to the Press/Media** - Getting heard in today’s media isn’t always easy. Learn how to find your message, present it clearly and make the most of interviews or press conferences.

**Public Speaking** – Speaking effectively in public is a crucial professional skill, but it involves more than grabbing a few tips here and a few tricks there. Factors such as gender complicate the issue, shaping our confidence and presence, and affecting what audiences expect from us as speakers. In this session we'll explore how to communicate with power and authenticity, and what that looks like for female and male speakers--vocal inflections, word choice, body language and more.

**Running for Political Office** - Is there an issue you’re passionate about? Ever thought you could do a better job than your local fill-in-the-blank elected official? This session introduces basic strategies for evaluating what running for public office entails, where success is likely, how to evaluate your skill set and where to find information about filing your intent to run.

**Work and Health** – How do you stay on a good health track without sacrificing your career track? Lieutenant Colonel Heidi Munroe’s work with the Office of the State Surgeon addresses this issue for the Idaho Army National Guard. Learn how the military does it and how you can easily apply it to your civilian life.