

Mechanical Contractors Association of Kansas

MECHANICAL CONTRACTORS
ASSOCIATION

MCAK

OF KANSAS



TRAINING SERIES

Control Your Life By Controlling Your Time

For most people, time gets away from them. They feel constantly behind. Many books and publications are written on the subject of Time Management yet time cannot be managed, as it cannot be increased or decrease and is the same for everyone. By creating lists that are too long, we simply set ourselves up for disappointment.

This session will cover tips and tricks for managing yourself in relation to time, including how much of your time to schedule, time robbers and how your base-line behavior characteristics govern how you utilize and see time.

WHEN:

Friday
September 13, 2019
Register: 7:30 a.m.
Class: 8 a.m. - 1 p.m.

WHERE:

Washburn Tech
5724 SW Huntoon St.
Topeka, Kansas
66604

WHO:

Journeymen, Foremen &
Project Mgrs.
No prerequisites are re-
quired for this opportunity.

COST:

*Contributing member: FREE
Non-contributing: \$345
*LU441 Zone 2 A&B
2018/2019 Industry Fund
Contributing Contractors

To register, contact Teresa at 785.670.3353 or Tim at 785.670.2240 / Tim.Clothier@washburn.edu
Find a registration form at washburntech.edu/business-industry/training.



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Friday, September 13, 2019



Our featured presenter is Kathryn Crosby. She has more than 30 years experience in the construction business. While serving as Vice President and CFO for a mechanical contractor, she was elected to the MCAA Board of Directors, nominated as chair for MCAA's Project Management Education Committee, was active in the AGC and served on the faculty of the MCAA's highly acclaimed Institute for Project Management (IPM).

Today, as owner and founder of C2Consulting, Inc., Kathryn continues her dedication and love for the construction industry doing seminars and training throughout the U.S. and Canada. She currently serves on the faculty of IPM, Construction Education Institute, MCAA's National Education Initiative and the UA's Instructor Training Program. Kathryn has developed custom training programs for several trade organizations and construction companies including the UA and Asbestos Workers.

REGISTRATION

COURSE FEE: Contributing Member: FREE/person | Non-Contributing Member: \$345/person

Please circle one: Invoice | Check Enclosed | Visa | AMEX | Master Card | Discover

Card # _____ Exp. _____ Ccv Code _____

Billing Address _____

Billing Zip Code _____

Cardholder Name _____

Signature _____

Name(s) of Attendees (limit 6 per contractor):

- 1. _____ email _____
- 2. _____ email _____
- 3. _____ email _____
- 4. _____ email _____
- 5. _____ email _____
- 6. _____ email _____

COMPANY: _____ PHONE: _____

Mail this form to: Washburn Tech, c/o Teresa Vasquez, 5724 SW Huntoon St., Topeka, Kan., 66604

