



**Alaska ALA Presents its Annual
Fall Education Conference**

Who: All Alaska ALA chapter members. Additional guests from each office may attend at no charge.

**What: Presentation by Bobbie Sue Wolk on
*Well-Being (even in a Pandemic)***

When: Tuesday, October 13, from 11:45 to 1:45

Where: Virtual WebEx Meeting

To register: All members will receive a calendar invitation from Janet Tipton, Accept the Invitation and you're registered!



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Well-Being (even in a Pandemic)



Martin Seligman, one of the founders of **positive psychology**, developed a five core element of psychological well-being and happiness. Seligman believes that these five elements can help people work towards a life of fulfillment, happiness, and meaning.

In this presentation, we will discuss how each person can use the principles and concepts in this model to create a flourishing life and also how to bring these concepts into the workplace to help people discover new cognitive and emotional tools.



Bobbie Sue Wolk, MS, PCC, BCC

Bobbie Sue Wolk, MS, PCC, BCC is certified with the International Coaching Federation (ICF) and has coached clients on every continent except Antarctica. Wolk is also certified through the International Consortium for Health and Wellness Coaching (ICHWC) and is a Board-Certified Coach, as well as a mentor coach and faculty member at the College of Executive Coaching. Bobbie is an industrial-organizational psychologist, accountant, business consultant, adjunct professor at the Washington State University, author, and entrepreneur with experience in all aspects of running organizations that achieve success. With over

30 years of accounting and tax experience and owning her own business, Bobbie takes a holistic approach to her work with leaders to maximize their potential: personally, professionally, and spiritually to provide the optimal balance in life.

Bobbie Sue Wolk is certified in the use of the Emotional Quotient Inventory (EQI.2.0) and is a master trainer to certify others in the EQI 2.0 and EQI 360. In addition, Bobbie Sue is certified in the Myers-Briggs Type Indicator, CPI 260, the Leadership Practices Inventory (LPI) and the VIA (Values in Action) assessments.

Bobbie Sue received her BA from the University of Anchorage, Alaska in accounting, her MS in Industrial-Organizational Psychology from Capella University and graduated from the College of Executive Coaching 128-hour program. Wolk has worked for many industries and organizations around the world, such as: Providence Hospital, Saltchuck, Washington State University, Alaska Heart & Vascular, Coeur Mining, US Navy, United Way, Chamber of Commerce, Sealaska, Small Business Administration, BP Exploration and Alaska Brewing Company.