



May 2006  
Annual Meeting

Kennebec Valley Human Resources Association

## Feedback As An Essential Tool for Growth

Presented by Dr. Carol P. McCoy

Often when we hear the word feedback we feel defensive and anxious. Why?? Probably because people are not very good at giving feedback constructively. Feedback does not have to be painful, upsetting or useless. When given well, feedback is a wonderful tool for personal growth and inspiration. This fun and interactive talk will help people recognize the value of feedback and learn how to give and receive feedback to minimize defensiveness and maximize personal learning.

Wednesday, May 17, 2006      7:30 – 9:30 a.m.  
John Martin's Manor, College Avenue, Waterville

7:30-8:00 a.m. ~ Annual Vote (Professional Members)	<input type="checkbox"/> Member in advance:	\$15.00
7:30-7:45 a.m. ~ Registration, Breakfast, and Networking	<input type="checkbox"/> Non-member in advance:	\$18.00
7:45-8:00 a.m. ~ Welcome and a word from our sponsor	<input type="checkbox"/> Member/Non-member at the door:	\$20.00
8:00-9:00 a.m. ~ Presentation		
9:00-9:15 a.m. ~ Question & Answers	<input type="checkbox"/> Prepaid (with membership)	
9:15-9:30 a.m. ~ Chapter business and door prize	<input type="checkbox"/> Check Enclosed	

\* To receive the in-advance discount, payment must be received by 12:00 noon on **Thursday, May 11, 2006**. If you have pre-paid, you may e-mail or fax your registration. To send payment with your registration, please mail to the address below.

Send to:	KVHRA P.O. Box 328 Hallowell, ME 04347	Phone: (207) 620-7823 Fax: (207) 621-1081 E-mail: <a href="mailto:cathyd@capitalareastaffing.com">cathyd@capitalareastaffing.com</a>
Name:	_____	E-mail: _____
Company:	_____	Phone: _____
Guest:	_____	E-mail: _____
Guest:	_____	E-mail: _____

**PLEASE NOTE:** You are responsible for the meeting cost unless cancellation is made by 9:00 a.m. the Monday before the meeting. Please contact Cathy DeMerchant at (207) 620-7823 if you need to cancel. Thank You!

**Carol P. McCoy** is president of McCoy Consulting (Yarmouth, Maine), which provides solutions to increase individual and organizational effectiveness. She is also owner of Find-Your-Roots, a genealogy and family research business that helps people to learn more about their family. A published author and frequent conference presenter, she has over 25 years of HRD experience in business and not-for-profit organizations and as a post-secondary educator in psychology and HRD. She has designed and delivered numerous programs on management and leadership, change management, communication skills, train-the-trainer, and personal development. She is a certified Weight Watcher's instructor. She obtained her Ph.D. and M.S. in psychology from Rutgers University and her B.A. from Connecticut College.

**Thank you to this month's sponsor:**

**Concentra/OHR**