

# Spring is in the Air

Is there something you've been meaning to do, but haven't?

BY DEIDRE ALVES M.ED.

Spring brings with it a sense of life and opportunity. It spurs creativity, and inspires a birth of new ideas, new beginnings and journeys to embark upon. In fact, one of the reasons that I moved from the East Coast is because here in Southern California, it feels like spring all year long.



## Time to Wake Up

How awake are you? Perhaps you've been on cruise control and it's time to awaken your personal and professional goals. Is there something that you have been meaning to do but haven't? Perhaps you feel a bit stagnated in your career, and while you have aspirations, you haven't yet taken any action or developed any concrete plans.

If you have a desire to learn and grow both professionally and personally, I encourage you to think about what it would take to develop and achieve some new goals for yourself. Stretch beyond any self-imposed limits you may have faced in the past, and establish some ambitious, but achievable goals. Make it a priority – a gift to yourself.

As a vital part of IRWA, you have access to unparalleled opportunities to learn, develop, network, get insider knowledge and expertise, share, and collaborate with friends and colleagues from across the globe. You are part of a global family that strives to help to build a better world...together, every day.



*Deidre is IRWA's Vice President of Professional Development.*

## Ten Energizing Ideas

To help you awaken your potential and energize your career and professional development plans, here are some ideas you can put into action.

- 1) Become part of IRWA's new Mentor Program as a protégé or mentor.
- 2) Start on the pathway to one of IRWA's newest industry-specific certifications.
- 3) View IRWA's Leadership Institute videos -- available to all members (yes, you could be International President one day!).
- 4) Love your subject area? Interested in teaching? Contact us to find out what it takes to become one of our powerhouse instructors.
- 5) Join a Community of Practice through IRWA's Member Network—open to all members.
- 6) Just for fun, take an IRWA course outside of your discipline of practice.
- 7) Attend the Annual Conference and begin networking with members from around the globe.
- 8) Set your sights on attaining the SR/WA designation.
- 9) Explore your professional development options at the IRWA University at [www.irwauniversity.org](http://www.irwauniversity.org).
- 10) Take IRWA's new video powered educational offering - VEIT Course 213, Conflict Management. Register at [www.irwauniversity.org](http://www.irwauniversity.org) and get full credit upon successful completion.

Springtime might just be the right time to challenge yourself. Take a candid look inside and ask yourself what it might take to shake things up. The person you discover may happily surprise you.