# CDU Receipt

**Recovering From Set Backs**

*Ever have a setback in your interactions with someone, where you wonder if you’ll ever be able to restore the relationship back to what it was? How about one of those setbacks in your project or project team that causes you to have to redo hours – or maybe weeks or months – of work? Or maybe you’ve had one of those setbacks that knocks the wind out of you, throws you off your game, shakes your confidence and leaves you rattled and unsteady? Whether you’ve had a recent setback or you want to increase your resilience, this session will provide you with a proven strategy and practical, easy-to-apply tactics to recover from setbacks. Filled with real-life situations and easy-to-relate-to stories, and backed with research and proven approaches, this session will help you up your game in recovery.*

**ID:** 8e2068e9-e83b-4  
**Contact Hours:** 1

**BABOK Coverage:**  Underlying Competencies

## Presenter(s)

**Sinikka Waugh**  
Sinikka Waugh, president and founder of Your Clear Next Step, spends her days helping people have better workdays. Trainer, coach, business leader, and difference maker, Sinikka is known for consistently helping people improve their emotional intelligence and find innovative ways to solve problems and get things done at work. Putting her background in languages, literature, and project management to good use, since 2006 Sinikka has provided compassionate leadership in transformation initiatives. Her clients value how her results-driven professionalism blends seamlessly with her down-to-earth, “try this now” approach and her relentless passion for helping others achieve even better. Her class participants describe her as energetic and engaging (even over Zoom!). Sinikka holds a BA from Central College, an MA from the University of Iowa, and is a certified Project Management Professional through the Project Management Institute (PMI). Sinikka and her husband Spencer live in Indianola, Iowa with their two teenage daughters. The team at Your Clear Next Step lives the company’s core values of being intentionally reliably useful, approaching problems with creativity and the art of the possible, being positive people-people, and demonstrating humility alongside confidence as they deliver training and coaching to their clients in central Iowa and around the world. They’ve made workdays better and advanced careers for thousands of employees and leaders around the world since 2008.

## Event Details

## **Date:** August 26, 2021 at 11:30 am

**Host:** IIBA Central Iowa Chapter

**Location:** Online

# Validation

This receipt is proof of attendance at the meeting described above by the following individual:

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Attendee Name