



2023 State Auditor's Continuing Professional Education Series

## **Virtual Seminar**

8:15 AM - 4:15 PM

\$130 per person – 8 Hours Yellow Book CPE Credit
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## Seminar Description

"It's not what you know, it's how you think"

Designed especially for auditors, investigators, and CPAs, this class helps you attain the most important and elusive of skills – the ability to be a better thinker. You'll learn habits and strategies that dramatically improve judgment and decision-making. You'll learn how to break down mental barriers and alleviate mental fatigue. You'll learn how to achieve new levels of mental clarity, flexibility, and resilience. You will also benefit from better overall mental wellness and be more resistant to stress and burnout. Attendees leave as more powerful and confident thinkers and better communicators and problem-solvers.

## Course Objectives

In this course, you will learn:

- Decluttering your mind for clarity and mental bandwidth
- "Micro-habits" that transform judgment and decision-making
- A "thinking audit" process that will change your world
- Using "gamification" to solve tough dilemmas
- The science of trust
- How to see patterns others don't see
- Regulating and optimizing your mental resources
- High-stakes decision making



**Dr. Toby Groves** is a researcher, speaker and writer on decision-making and thinking quality. He created the personal thinking management system, using targeted cognitive strategies to improve the quality of our thinking and our lives.

He also produces and hosts events tackling important sociopsychological topics. His thinking strategies are used by thousands of decision-makers charged with making some of the most important decisions in our society. He has a Ph.D. in psychology and

studied forensic and organizational psychology. Previous clients include Prudential, Deloitte, Ecolab, Time Warner, Credit Suisse, KPMG, Baker and McKenzie, LLP., Federal and State government agencies, and many more.