



Addressing Five Life Tasks Across the Life Span

With Dr. Wes Wingett

Is a didactic and experiential personal development program focusing on defining and understanding five life tasks as described by Alfred Adler, Rudolf Dreikurs, and Harold Mosak. During each of the five sessions of this personal development program, one of the following five life tasks will be discussed and explored: work and play; self-care and self-confidence; family, friends, and community; intimate relationships; spirituality and philosophical values. The program will be presented in an atmosphere of equality, ethics, encouragement, empathy, and education among and between all participants.



Dates: October 21, 28, and
November 4, 11, 18

Time: 11 am EST

Available in English and Spanish

Learning objectives

- Participants will understand and delineate their personal journey in the area of work and play.
- Participants will examine and record their personal perceptions of their self-care and self-confidence.
- Participants will assess their personal contributions to their family, their friends, and their communities.
- Participants will identify seven components of healthy and happy intimate relationships.
- Participants will identify seven dimensions of spirituality.

A Brief Professional Profile

Wes Wingett, Ph.D., LMHP has been a counselor in private practice in Norfolk, NE, since 1978. Prior to entering private practice, Dr. Wingett had been employed as a counselor in a mental health center, a university program development specialist, an elementary school administrator, and a junior high and secondary school counselor and teacher. Dr. Wingett received his bachelor's degree from Wayne State College, Wayne, Nebraska in 1964, his masters in 1972, and doctorate in 1975 in guidance and counselor education from the University of Wyoming in Laramie, Wyoming. Additional graduate study was completed at the University of Vermont.

***Sessions will not be recorded.**