Lifelong Learning

October 2020

Upcoming Classes

REGISTER TODAY!
308.635.6700 | go.wncc.edu/lifelonglearning

• Senior Connections
• Yoga Series
• Bob Ross Painting
AND MORE!

TAKE ONE!
SOMETHING FOR EVERYONE

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Please note:
In response to the COVID-19 pandemic, WNCC Lifelong Learning and Workforce Development classes will require six-foot social distancing, class size limits, and proper hand washing/sanitizing practices. Face coverings are required. Some classes may be altered to prevent close contact with others.

ALLIANCE 308.763.2002
Adult Education
For more info, call 308.635.6769

CHADRON 308.635.6770
Adult Education & GED Testing
For more info, Call 308.635.6769

GORDON 308.635.6770
Adult Education
For more info, call 308.635.6769

KIMBALL 308.635.6770
Adult Education
For more info, call 308.635.6769

SIDNEY 308.254.7407
Adult Education
For more info, call 308.635.6769

WNCC Online Courses ed2go.com/wncc
Sessions start monthly!
Instructor-led online courses
Convenient six-week format
PROFESSIONAL DEVELOPMENT & PERSONAL ENRICHMENT
• Interactive learning environment
• Award of completion with passing score

CAREER TRAINING PROGRAMS
• Prepare for industry certification or start a new career
• Start anytime
• Many programs completed in less than six months
• In-depth study, all learning materials provided
• Personal instructor assistance
• Certificate of completion awarded with passing score
Groups such as Green Berets, Rangers, citizens, law enforcement, and elite military situations, including life-or-death defense by tactics, have been tested in diverse worldwide environments for its self-defense. Bushidokan's karate, judo, and jiu jitsu are recognized martial arts and three primary systems: techniques from more than 10 different defense experts. Bushidokan has borrowed from world titleholders and respected self-defense experts. The Bushidokan founder, Jim “Ronin” Harrison, and Ko Heichi Bushidokan have been granted Certified Training Center (CTC) status. Men, women, children, law enforcement, and military are encouraged to attend. All are welcome!

**Snapshots in One Place and Wagons to Wagons 🌷**

**Oct 1 (TH) 9:00 – 11:00 a.m., $15**

Must be a Gold Club member to register for this class. A look at the photo album of the Scottsbluff National Monument and the life and times of this uniquely interesting, and beautiful place. Its origin, including a peek at the earliest humans, a glance at historical events that occurred, and a look at the future of Scottsbluff National Monument. “Wagons to Wagons” is a look at the Studebaker family and the Studebaker business. The theme is success through adaptation and innovation. This is the story of a family and a business across time through the various problems encountered and the solutions that moved them forward.

**Spirits, Guides, and Angels**

**Oct 1 (TH) 7:00 – 9:00 p.m., $25**

Angels and spirit guides are all around us. Do you want to know more about your spirit guide and what he/she is doing to guide you down the right path? Did an angel appear at the right moment to give you peace or change your course in life? In this class, you can share your experiences if you'd like to, or be given more awareness and understanding. Come join Pam Barber who can give you guidance and clarity.

**Ko Heichi Fitness: Bushidokan**

**Oct 5 – 28, or Nov 2 – 25, (M, W) 6:00 – 7:00 p.m.**

**Single: $30; Family: $45 (up to 4)**

Known as “an original U.S. MMA,” Bushidokan is deeply rooted in the history of American martial arts with multiple world titleholders and respected self-defense experts. Bushidokan has borrowed techniques from more than 10 different martial arts and three primary systems: karate, judo, and jiu jitsu. Recognized worldwide for its self-defense, Bushidokan’s tactics have been tested in diverse situations including life-or-death defense by citizens, law enforcement, and elite military groups such as Green Berets, Rangers, Navy SEALs, and others. With more than 30 years of experience, instructor Brent L. Anderson was promoted to black belt by the Bushidokan founder, Jim “Ronin” Harrison, and Ko Heichi Bushidokan has been granted Certified Training Center (CTC) status. Men, women, children, law enforcement, and military are encouraged to attend. All are welcome!

**Improving Your Public Speaking**

**Oct 6 – 27 (T) 6:00 – 8:30 p.m., $40**

Does the thought of public speaking make you look for the nearest exit? Fear of public speaking is one of the most common phobias in our culture today, and yet function in most workplaces and social events, you need at least a basic level of public speaking ability. WNCC Lifelong Learning is now offering a four-session, non-credit public speaking course that will help you understand and overcome your fear of public speaking. Presented with a mix of classroom lecture, detailed material, and in-class activities, this workshop will equip you with practical and successful tools to help you in professional and social settings.

**Getting to Know Your Smartphone 📱**

**Oct 8 (TH) 9:00 – 11:00 a.m., $15**

Must be a Gold Club member to register for this class. Is your smartphone making you feel “not so smart?” We can help! This session will show you how to use your smartphone and get the most out of it. All levels of understanding welcomed. Students will assist to provide one-on-one support for participants.

**Register Today! | 308.635.6700 | go.wncc.edu/lifelonglearning**
LEGO Mindstorms EV3 Robotics
Oct 10, or Nov 7 (SA)
8:30 – 11:30 a.m., $30
Grades: 4 and up
Take your LEGO robot building to the next step. You have learned the basics of coding, this class will expand your knowledge and teach you how to code and build a fully autonomous robot. You will be able to build a LEGO robot that interacts with you and the world around it using logic and variables.

Introduction to Ceramic Wheel Throwing and Hand Building
Oct 10, or Oct 24, or Nov 14 (SA)
9:00 a.m. – 12:00 p.m., $23
Ages: 10 and up
Der Topfer, 1211 3rd Ave., Scottsbluff
Have you always wanted to try your hand on a pottery wheel? Here’s your chance! This is an introductory class offering students the opportunity to throw on a pottery wheel and learn hand-building clay techniques. A brief introduction of ceramics and ceramic tools, description, and use will be included. Projects will not be completed in the three-hour class, but students can continue in ceramics classes or set up private lessons with the instructor. All materials provided. Come try your hand at the wheel! Class size is limited to six.

Check Out My Cricut Skills! I Made It Myself. /
Intermediate Cricut Vinyl and Infusible Ink
Oct 10 10:00 a.m. – 12:00 p.m., (SA), $30
or
Oct 24 1:00 – 3:00 p.m., (SA), $30
Pre-registration is required.
In this class you will learn how your Cricut machine can cut vinyl decals, iron on decals, and Infusible Ink. Learn the basics on how to transfer, iron, and create with these versatile products. You will choose two items to make from the following list: kitchen towel, set off our ceramic coasters, adult t-shirt, canvas bag, or glass water bottle. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat and weeding/scraping tool will be needed and images need to be chosen in advance of class. All other supplies are included in the class. Class is one session for two hours.

I Bought A Cricut, What Do I Do With It? /
Cricut Beginner Adult Class
Oct 10 1:00 – 3:00 p.m., (SA), $15
or
Nov 7 1:00 – 3:00 p.m., (SA), $15
or
Nov 14 10:00 a.m. – 12:00 p.m., (SA), $15
Pre-registration is required.
This class covers the basics of how to use your Cricut machine to create a vinyl decal, an iron-on design, a 3D purse, and learn about the draw and cut feature. All four projects are great for gifting or keeping for yourself. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat and weeding/scraping tool will be needed. All other supplies are included in the class. Class is one session for two hours.

I Want a Cricut, Will I Use It? /
Cricut Beginner Adult Class
Oct 10 1:00 – 3:00 p.m., (SA), $10
or
Nov 7 1:00 – 3:00 p.m., (SA), $10
or
Nov 14 10:00 a.m. – 12:00 p.m., (SA), $10
Pre-registration is required.
For those who do not have a Cricut you are invited to join our Cricut Beginner Adult Class and see a Cricut machine and how Design Space works. Bring your own laptop or phone and pre-load Design Space. This class costs $10 and you will receive a kit that includes the four projects that will be made in the class.

QuickBooks™ Basics
Oct 14 or Nov 11 (W)
9:00 a.m. – 5:00 p.m., $70
Are you new to QuickBooks™?
Would you like to learn how to set up QuickBooks to make it more effective for you or your business? Please join us for a full-day class that focuses on the basics of setting up your QuickBooks software. This is a basic class for the desktop version of QuickBooks. Feel free to attend regardless of the version of QuickBooks you currently use. Please note: This class does not cover payroll or taxes.

The Yoga-Heart Connection (Chair Yoga) 🎉
Oct 15 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
Practicing yoga has been shown to help lower blood pressure, blood cholesterol, and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention. Studies show that individuals with heart-related challenges showed improvement in exercise capacity and quality of life when practicing yoga with consistency. They also had lower blood pressure, lower blood cholesterol, and lower blood glucose levels when practicing yoga.

Beginner Hatha Yoga for Relaxation ❤️
Oct 14 (W)
6:00 – 7:00 p.m., $10
Allowing time and gentle postures to relax the nervous system, this workshop will provide opportunities to practice basic postures that will assist in the relaxation practice, on and off the mat. Physiologically, restorative yoga activates your parasympathetic nervous system, which allows your body and mind to slow down, digest, and heal. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.
levels of markers for inflammation, which contributes to heart disease. This gentle chair yoga practice will focus on postures aimed at supporting heart health. This workshop is appropriate for all levels, including those that are interested in trying chair yoga for the first time.

**Beginner Hatha Yoga for Stress Relief 🧘‍♀️**
Oct 21 (W)
6:00 – 7:00 p.m., $10
This gentle restorative Hatha yoga practice will provide participants an opportunity to learn gentle, slow postures that alleviate the effects of our regular stress responses in everyday life, which can be extremely damaging to our physiology and overall health. The calming effect of restorative yoga on the nervous system allows your body to reach a state of repair, where it can renew and rejuvenate during deep relaxation. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.

**Laughter is the Best Medicine 🙋‍♀️**
Oct 22 (TH)
9:00 – 11:00 a.m., $20
Must be a Gold Club member to register for this class
Being happy, laughing, and having a positive attitude will add years to your life, and it doesn’t cost anything. The quest for true happiness is not really a quest at all, but a decision and a choice. Explore 10 simple ways to find happiness and enrich your life. Do you realize that you need to laugh at least 15 minutes a day to help maintain good health? Laughter not only helps us feel more alive and empowered mentally, but it has many physical benefits as well. Some of these physical benefits include boosting the immune center, countering the harmful effects of stress, relaxing the muscles, improving circulation, and providing natural pain relief. Connect with your three centers of laughter and change your attitude in 45 seconds. Learn the six daily practices to prevent hardening of the attitudes to develop a more cheerful and optimistic outlook on life. Come have fun as you experience how to be happy, to laugh, and to change your attitude.

**How to Zoom: Host & Present Like a Pro**
Oct 22 (TH)
9:00 – 11:00 a.m., $20
Pre-registration is required.
Given all that’s happened with the pandemic, we are seeing massive adoption of remote meetings and education. This training is designed to teach presenters how to setup and conduct meetings using Zoom. You will learn how to create new meetings, invite participants, schedule meetings, share your screen, record meetings, manage participants using chat and muting/unmuting and more. This training is available both in person and remote. Grab your laptop and Zoom with us! Students attending in person are encouraged to bring their laptop with Zoom installed, mic/camera, and charging cables. Note: for remote learners, your initial Zoom meeting invitation will include a download prompt. Zoom download link: https://zoom.us/download

**DISC**
Oct 22 (TH)
9:00 a.m. – 12:00 p.m. or 1:00 p.m. – 4:00 p.m., $65
Transform potential into performance with DISC. With over 19,000 possible behavioral styles, this personalized, insightful, and outcome-driven three-hour virtual training will help you discover the distinct ways in which you think, feel, and communicate.
You will learn how to:
- Identify your natural communication styles and understand how your tendencies can change depending on your environment.
- Read and navigate the communication styles of those around you.
- Recognize potential communication pitfalls in yourself & others, and how to tailor your communication style for more positive outcomes.

**Bob Ross Painting**
Oct 24, or Nov 21 (SA)
9:00 a.m. – 4:00 p.m., $60
Bob Ross believed that everyone who wanted to paint, could paint like a natural with the right tools and a little encouragement. Come and experience the joy and confidence of painting a beautiful landscape using the Ross wet-on-wet technique. Please bring a roll of paper towels to this class.

**Noteworthy Cards to Share / Intermediate Cricut Card Class Vintage**
Oct 24 10:00 a.m. – 12:00 p.m. (SA), $20
Pre-registration is required.
Take your Cricut machine and your skills to the next level when you learn about Cricut Card making in Design Space. Learn how to make four beautiful cards that include: print and cut window, pop-up layer card, tri-flip card, and box card with envelope. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat, scoring stylus or wheel, and weeding/scraping tool will be needed. All other supplies are included in the class.

Register Today! | 308.635.6700 | go.wncc.edu/lifelonglearning
**Women as Warriors (Women's Self-Defense)**
*Oct 27 (T)*
6:00 – 9:00 p.m., $20
Must be 16 or older to participate

Women as Warriors is a comprehensive self-defense class with NEW content for those of you who have attended in the past. We focus on avoidance, escape, and evasion but when that worst-case scenario happens and you can’t escape, you need proven tactics that work! We will cover use of “weapons of opportunity” and for conceal carry holders we will cover how to fight to your weapon in a surprise attack situation. No live weapons allowed in class. Wear workout clothes and shoes.

**The Yoga – Heart Connection ❤️**
*Oct 28 (W)*
6:00 – 7:00 p.m., $10

Practicing yoga has been shown to help lower blood pressure, blood cholesterol, and blood glucose levels, as well as heart rate, making it a useful lifestyle intervention. Studies have shown that blood measurements and waist circumference — a marker for heart disease — improved in middle-aged adults with metabolic syndrome who practiced yoga for three months. Another study showed that individuals with heart failure showed improvement in exercise capacity and quality of life when practicing yoga with consistency. They also had lower blood levels of markers for inflammation, which contributes to heart disease. This gentle beginner practice will focus on postures aimed at supporting heart health. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.

**Medicare Basics, An Introduction to Medicare 😊**
*Oct 29 (TH)*
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class

You don’t have to navigate Medicare alone. If you are approaching age 65, or you are over 65 and thinking about retirement, you are invited to attend this course to answer questions like: When should I enroll? What does Medicare cost? How do I make sure I have the right coverage? Because State Health Insurance Program (SHIP) does not sell or endorse any products or companies, Medicare attendees can be assured they will receive only unbiased information and assistance.

**Beginner Hatha Yoga – Focus on Back Pain Relief ❤️**
*Nov 4 (W)*
6:00 – 7:00 p.m., $10

Sixty-five million Americans suffer from back pain, but there is relief available! Yoga has been demonstrated to decrease pain related to muscle and body tension, build strong core muscles to improve back support, and increase flexibility and strength in the back. Reduce internal and external stress, improve posture, and enhance awareness of body mechanics. Yoga can help people with arthritis, fibromyalgia, migraine, lower back pain, and many other types of chronic pain conditions. This practice will provide basic postures aimed at relieving back pain. This workshop is appropriate for all levels, including those that are interested in trying yoga for the first time.

**Travel Adventures 🦃**
*Nov 5 (TH)*
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class

Have you ever wanted to travel to or learn more about London, Paris, Rome, and exotic places such as Dubai, China, and Africa? Pat Randolph has traveled to over 50 countries. Come to this session and journey with her as she shares with you her travel adventures. From walking with the lions in Africa to dune bashing in Dubai to climbing on the Great Wall of China, she will tell you her exciting experiences. Come to this session and travel with her to these faraway places.

**Basic Car Care**
*Nov 10 (T)*
6:00 – 9:00 p.m., $30
Ages: 14 and over

Are you interested in a hands-on walkthrough of basic car care practices led by a mechanic with over 40 years of experience in the industry? Starting with a thorough overview of the safety features and accessories common to most vehicles, you will get a chance to see what goes where and why. Curriculum highlights include:
- Getting to know your car (a walkthrough).
- Checking the fluids (hands-on practice).
- Battery Maintenance (including jumper cable instructions).
- Changing a tire (another hands-on exercise).
- After taking this class, you’ll be more prepared to care for your vehicle and deal with (or avoid) many roadside situations.

**Noteworthy Christmas Cards to Send /**
*Nov 7 10:00 a.m. – 12:00 p.m., (SA), $20 or Nov 14 1:00 – 3:00 p.m., (SA), $20*
Pre-registration is required.

Take your Cricut machine and your skills to the next level when you learn about Cricut Card making in Design Space. Learn how to make four beautiful cards that include: print and cut window, pop-up layer card, tri-flip card, and box card with envelope. Please note: This class is available only to students who have the Cricut Explore, Explore Air, Explore Air 2, or Maker Machines. Older machines are not compatible with this class. Please download Cricut Design Space to your device prior to class. A Cricut mat, scoring stylus or wheel, and weeding/scraping tool will be needed. All other supplies are included in the class.
Ways to Live a Longer and Happier Life
Nov 12 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
We all want to live longer and have a happier life, but exactly how do you do this? Happiness and healthy living are a choice. Learn how to develop a better attitude, how to relieve your stress, how to eat healthier, how to sleep better, and how to include exercise and stretching in your life. It is never too late to learn some life lessons from Dr. Seuss to make a better life for yourself.

Intro to Supervision
Nov 12 (TH)
8:00 a.m. – 12:00 p.m., $25
The transition from employee to supervisor is one of the most challenging and rewarding career moves in the American workforce today. With a supervisor’s influence accounting for up to 70 percent of employee engagement, it is essential that your leaders are educated, equipped, and prepared for the responsibility of becoming a people-leader. This half-day training will provide new supervisors with a foundation for influential and effective leadership, including ready-to-use techniques for enhancing effective communication, employee feedback, performance management, conflict resolution, and employee engagement.

Calligraphy for the Holidays
Nov 16, 23 (M)
6:00 – 7:30 p.m., $15
The art of calligraphy has been around as long as writing itself and the human need to communicate. Beginning with the use of papyrus and reed pens, and moving to parchment and quill pens, calligraphy is now practiced with a large variety of papers and different types of pens. In this workshop, learn how to use Old English calligraphy to personalize your Christmas cards, create your own cards, invitations, thank you notes, letters, or anything else on which you might want to add your own personal touch. Learn the basics of how to hold and direct your pen. Experience some of the different types of calligraphy pens and nibs (tips), different textured paper, and learn which ones suit your personal needs best. All students will receive a practice felt calligraphy pen and opportunities to practice the craft of writing. Leave the workshop with the ability to create your own beautifully lettered communications.

DIY Your Holidays
Nov 19 (TH)
9:00 – 11:00 a.m., $15
Must be a Gold Club member to register for this class
How would you like to make your holidays a bit more personal this year? DIY Your Holidays will help you do this! During this Senior Connections session, participants will make treat holders, card holders, and other decorations to make the holidays extra special this year.

Strengths Based Leadership
Nov 19 (TH)
9:30 a.m. – 4:30 p.m., $70
Registration deadline: Nov 13
Each registrant will receive the NYT Best-Selling Book, “Strengths-Based Leadership” by Tom Rath.
Mark your calendars for November 19, 2020, as you build upon your leadership skills with Gallup's Strengths Based Leadership Program! This six-hour course will provide strategies, tools, and best practices for leading others with your Gallup strengths. WNCC's custom-designed Strengths program will give you a glance at what matters most when it comes to effective people-leadership, as well as a plan for leading by being exactly who you are.

Electrical Codes Update
16-Hour Course (Wyoming License)
Nov 20 (F) 8:00 a.m. – 5:00 p.m.
Nov 21 (S) 8:00 a.m. – 5:00 p.m., $110
This 16-hour course will cover electrical updates and will provide 16 hours of continuing education per state requirements. The course will be taught in conjunction with the 12-hour course by Alan Strauch. There will be a one-hour break for lunch.

Electrical Codes Update
12-Hour Course (Nebraska License)
Nov 20 (F) 8:00 a.m. – 5:00 p.m.
Nov 21 (S) 8:00 a.m. – 12:00 p.m., $100
This 12-hour course will cover electrical updates and will provide 12 hours of continuing education per state requirements. The course will be taught in conjunction with the 16-hour course by Alan Strauch. There will be a one-hour break for lunch.

Skill Level All: Cricut Holiday Open House- Make & Take
Nov 21 (SA)
9:00 a.m. – 4:00 p.m., $30 for two items
Pre-registration is required.
Boost your holiday gift giving at this exciting Make & Take. See the latest techniques and tools that Cricut has to offer. No Cricut is needed for this event. Demonstrations will be going on throughout the day. Plan a time and stop in. You will make two projects to give away (or keep for yourself)! Choose two items from the list to make: bag toppers & gift tags (two designs, six of each), paper ornaments (two designs, four of each), recipe box, wood block, door hanger, 3D deer head, joy banner, flower light garland, t-shirt, canvas bag, or coasters (set of four). Supplies are limited. Additional items may be available for purchase during the event. Pre-payment is required prior to Make & Take.
ALL THAT GLITTERS IS GOLD!

That’s what you’ll find with our new GOLD CLUB benefits. Even if you’re already a WNCC GOLD CARD member, you will want to complete the new registration because this year with the new GOLD CLUB benefits, you’ll receive a one-time $25 voucher that can be used for any non-credit course(s) taken at the Scottsbluff Campus.

For more information, visit wncc.edu or call 308.635.6701.

Want to share your interests and talents with others? WE WANT YOU!

Our business and professional training classes are taught by experts from our own community. If you have special skills or experience in a certain field, we want to hear from you. Our trainers are business owners, retirees, or have full/part-time jobs so class times are flexible and range from three hours to several days depending on topic. Knowledge, passion for your subject and desire to share it with others is all you need. We can even provide or help create your training materials. Examples are: Zoom and Webinar hosting basics, fundamentals of customer service, time management, and developing a strong work ethic. If you have business or professional expertise call us! 308.635.6335.