

# *ASTD Treasure Valley Chapter*

*Presents:*

## **Heidi Reeder, Ph.D.**



**Free Event!**  
**Public**  
**Welcome**

**ASTD**  
**Membership**  
**Drive**

### **Associate Professor, Boise State University**

*Thursday March 13, 2014 11:30 am – 1 pm*

*Boise State University Student Union Building Lookout Room*

### ***The Commitment Equation***

Have you ever found yourself unable to commit to something important? Or, have you ever been committed to something that didn't feel right? Have you ever had trouble getting someone else to commit? In this session you'll discover the scientifically-based reasons we (and others) follow through or move on, and you'll have the opportunity to create a plan for developing commitment where you need it most.

Heidi Reeder Ph.D. is the author of the forthcoming *Commit to Win* (Hudson Street Press/Penguin) and an associate professor at Boise State University. She blogs for Psychology Today and has been featured on Life and Style and The Today Show. As owner of SuccessTracks, Reeder's mission is to help teams and individuals communicate with confidence and authenticity and maximize their personal and professional success.

***ASTD Membership Drive on campus!***

***Stop by our table at the event to learn more***

***No Cost Event/Bring Your Own Brown Bag Lunch***

***Parking Information & Campus Map***

***RSVP by March 10 to [comm@astdboise.org](mailto:comm@astdboise.org) for free event parking pass - Lincoln Garage, across University Drive from the SUB***

