

Kimberly Pantel,  
ABOC, OA, CPOT



The California Paraoptometric Section is interested in having more volunteers serve on the section's board. Please join us in developing useful programs for our members, and to spread the word by recruiting new CPS members! Contact Kim Pantel for more information at [khym@hotmail.com](mailto:khym@hotmail.com).



## PARAOPTOMETRIC RETREATS: BIG HIT AT OPTOWEST!

### CPS Update

Here are what OptoWest attendees had to say about Laurie Guest's and Sharon Carter's retreat-style courses:

*"Very good speakers, excellent knowledge. I would do this again and other courses from these speakers. They were very good about addressing individual problems."*

*"Speakers were great! Easy to understand and fun to listen to. Very outgoing and kept my attention the entire time. Did not get bored!"*

*"Awesome speakers! Great lecture and presentation! Very informative!"*

*"I loved seeing both Sharon and Laurie work together. It was my first time hearing them speak and I can't wait to see them again."*

One of the original tenets of CPS is Fellowship. OptoWest attendees were lucky to have the fabulous team of Sharon Carter and Laurie Guest, CSP, facilitating our fellowship last year by presenting retreat-style courses for the first time. These courses were a great opportunity to share questions and ideas in an informal think-tank like setting. We met in a private guest bungalow that was cozy and allowed for a round table discussion session, rather than the traditional teacher-facing-students paradigm.

The courses that were offered included "What New Staff Need to Know, But Are Afraid to Ask," "Teamwork Doesn't Have to Be Work," and "Your Personal Climb to the Next Level." Many questions were submitted prior to OptoWest via questionnaires to be answered during the sessions, and additional questions were tackled right on the spot. Sharon and Laurie are skilled at covering planned material, but fit in on-the-fly subjects as well. Their styles complement each other so well that attendees get to enjoy their professionally presented education peppered with wit and humor.



OptoWest 2009 attendees enjoy the Paraoptometric Retreat, presented by Sharon Carter and Laurie Guest, CSP.

Doctors were encouraged to attend these courses with their staff as well, and although these courses are not accredited, some knowledge is just worth knowing. I believe that Sharon and Laurie will take this experience to further hone their presentations for the future. They continue to educate, entertain and inspire with each new course they bring to us.

Both Laurie and Sharon will be back this year for Optowest 2010, April 8–11, and will be featuring the following retreat-style courses as part of their Practice Building Blocks Education Track: "Step Up —Training for Office Leaders," "Six Ways to Build a Team That Rocks," and "Are You Game? (How to Win at Work)." Having enjoyed these two ladies' styles over the years, if you haven't experienced this type of education, I encourage everyone in the optical arena to try it — you'll like it! Seating is limited, so make sure your spot is reserved and register today!