



SELF MANAGEMENT

When: November 5, 2025

Where: Sheet Metal Education and Training Center

Location: 2480 South 3400 West – Salt Lake City, UT 84119

Time: 7:30 a.m. – 8:00 a.m. Breakfast

8:00 a.m. Program Start

Target Audience: Owners, Foremen, General Foremen, and Supervisors.



This program has DOPL CEU Value of 4 Professional Hours

Program Description: In this 4-hour program attendees will learn how to analyze which activities most impact their time and how to plan and understand the difference between urgency and dilemma. Elements of communication will also be explored including examination of the communication cycle, and each individual's role as a participant in the process.

About the Speaker: Andy Patron has been working in the construction industry for over thirty years leading, managing and developing people with private and public sector owners. He started his career as a management engineer, analyzing operations, studying work process flow, and creating industrial engineering solutions. For the past 15 years, he has dedicated his life to Talent Development. He has been evaluating, creating, and implementing hundreds of talent development programs all over the world.

There will be no charge to attend this course. RSVP by Thursday, October 30, 2025.



Name: _____

Name: _____

Name: _____

Company: _____

Register online at www.smacnautah.org or return this form via e-mail to Shawntel Carnell at smacnautah@sisna.com.