



Finding Your Resilient Self

A workshop for health care professionals and Others

April 28, 2017

8:30 a.m. – 12:30 p.m.

Registration 8:00 – 8:30

4 CE Credits Available

Trainer

Catherine Casey, M.A.

Is a trainer, consultant, mentor and coach well known in Santa Clara County as a wonderful teacher of the Principles. As an independent consult she has also worked with corporations, medical centers, government, and presents to international organizations and programs. She is recognized nationally and internationally as one of the premier teachers of the 3 Principles paradigm.

COST – \$45 plus \$10 for CE certificate

Pre-registration appreciated at www.innatehealthconnection.org

CANCELLATIONS/REFUNDS: Written requests for refunds are honored if received 3 business days prior to the date of the program .

CE'S APPROVED PROVIDER

Innate Health Connection (IHC)
BRN #CEP16537

QUESTIONS? CONTACT:

linda@innatehealthconnection.org

SPECIAL NEEDS. Persons needing special accommodation should contact IHC at least 3 days before the workshop

Does this sound like you and are you still:

- ✓ Forgetting why you went into that room.
- ✓ Feeling overwhelmed by work and life
- ✓ Feeling mentally drained at the end of the work week
- ✓ Starting out your day already feeling tired.
- ✓ Fantasizing about winning Super Lotto.
- ✓ Considering changing jobs
- ✓ Counting the days until retirement

IF YOU ARE ANY OF THESE – this seminar is just what the "Resilient Nurse" ordered

Come join us to realize:

- ✓ Where stress, disappointment and frustration are coming from . . . and it's not coming from our circumstances.
- ✓ Where the mental clarity and focus come from that allow us to make better decisions and fewer mistakes.
- ✓ How to effectively communicate and build rapport with co-workers, patients, and our families for better outcomes at home and work.
- ✓ How we can experience less stress and drama in our personal and professional lives.
- ✓ Simply - that resilience is an innate capacity of the human mind to settle down and generate fresh stress free thinking. Unfortunately, over time, we inadvertently lose site of this fact.

About the training . . .

Resilience training is not a series of tips and techniques to be practiced, but an experiential workshop of dialog and self-reflection that result in personal insights that improve one's overall level of mental health and well-being. It will focus on the relationship between mental well-being and resilience and the psychological principles responsible for our states of mind

The teaching is accomplished through interactive discussions; large and small group discussions, dyads and a focused exploration of the essence of rapport. In a group of like-minded people the synergy of the group creates an environment that cannot exist when we are alone. Insights flourish and become the powerful teacher that might otherwise be absent when there is no one there to share in the experience

Training location: 685 N. 6th Street, San Jose, CA 95112
Japan Town Senior Apartments

Innate Health Connection, Inc., www.innatehealthconnection.org, is a 501 (c) 3 community based nonprofit located in Santa Clara County providing consulting and education services in the areas of adult criminal justice, substance abuse, mental health as well as professional development for human services professionals IHC. reserves the right to cancel or reschedule a program in the event of unforeseen circumstances. In the event of workshop cancellation, a full refund will be issued or credit issued for a future workshop