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The King County Non-Profit Staff Development Coalition Project presents...

“ RESTORING THE HEALING HEART ”

An Integral Wellness Approach to Reducing Burnout and Enhancing Self-Care

Tuesday | January 23, 2007 | 8:30am – 4:30pm

Location: **Building 2** | Highline Community College | 2400 S 240th | Des Moines WA 98198-9800

Ask yourself:

- Do I feel burned out by life in general and/or work in specific?
- Do I frequently feel anxious?
- Do I feel overwhelmed by managing multiple tasks and/or juggling too many urgent priorities?
- Did I enter my profession with the ideal of making a difference, but now I feel disillusioned and in despair?
- Am I and/or others in my organization experiencing low morale?
- Do I suffer from insomnia?
- Do I feel like there is never enough time in a day and that I have to run to stand still?
- Do I feel frustrated and/or depressed working with limited resources, long hours and large caseloads?

If you answered yes to any of the above, you are not alone! **Stress and burnout are epidemic problems among those in the social / human services, health and healing professions. Organizations now recognize burnout as an endemic problem and realize that the antidote to burnout involves self-care.**

In this **experiential** workshop, you will learn about “**Integral Wellness**” as an application of philosophies, theories, insights, and practices that provoke breakthrough levels of clarity, trust and innovation to address burnout and self-care. *Integral Wellness is based on the IWG Five Human Technologies: (1) Consciousness (Self-Awareness) (2) Whole-Person (physical | emotional | cognitive | consciousness) (3) Whole System (all Stakeholders) (4) Community | Relationships (Interconnectedness) and (5) Whole Life-Cycle (Continuity).*

You will explore how to align health and wellness practices with business strategies — with special attention given to maximizing wellbeing, using practices that **cultivate optimal effectiveness**. Some other benefits of this workshop include the reduction in stress, burnout, illness, injury, absenteeism, and increases in productivity and efficiency among employees.

PARTICIPANTS WILL GAIN:

A. BURNOUT REDUCTION SKILLS — Recognizing, Understanding, & Cultivating Healthy Work And Life Practices

(Areas to be addressed include Job Stress, Coping Skills, Goal Setting and Time Management; and Relationship Management)

B. ENHANCED SELF-CARE SKILLS — Simple Practical “Integral Wellness” Stress Reduction Tools, Techniques & Relaxation Exercises

(This includes creating a Wellness Action Plan that you can develop and use right away! Topics will address understanding the importance and need of self-care; recognizing the symptoms of burnout/stress; learning techniques to relieve and reduce chronic effects; and optimizing the need for continuous engagement of self-care across whole life-cycles)

This workshop is designed for all participants (staff across all levels — front-line, supervisory, managerial, program coordinators, case managers, etc.)

TRAINER: CANDI FOON, M. S.

WORKSHOP FEE

Coalition Member Organization

\$75 per participant [for 1-2 staff from member organization]
\$65 per participant [for 3-5 staff from member organization]
\$55 per participant [6 or more staff from member organization]

Non-Member Organization

\$100 per participant

Lunch will be on your own.

Continuing Education Units/Clock Hours

Participants can register for Highline Community College **Continuing Education Units (CEUs)**.
The cost is \$10.00 per course. CEU forms are available at the workshop.

Free Clock Hours available at the workshop.

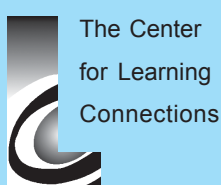
REGISTER ONLINE TODAY !! *(space is limited)*

To register online, go to: <http://www.learningconnections.org/coalition/workshops/2007/jan23/>

Contact

For more information about this workshop, contact **Anna McCain (206) 870-5908** or E-mail: amccain@highline.edu

A project of



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