

**Bringing More Joy to Life**

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Confirmation will be mailed or e-mailed to you upon receipt of registration information and payment.

**Email:** mbalin13@gmail.com

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*Balin and Associates  
P.O. Box 403  
Yellow Springs, OH 45387  
(937)478-4958*

*Continuing Education Seminar*



**Bringing More  
Joy  
To Life**

## Webinar

You will log in from your own device.

Access link will be provided when you register.

## Bringing More Joy to Life

Every day seems to bring a new worry, an uncommon outrage, a new demand. Now more than ever before you may feel disconnected with the sources of joy in your life, just at the time you need joy the most. This webinar presents a new mindset to consider and encourages you to adopt an Aloha state of mind. Attend to assess your mastery of patience, unity, agreeableness, humility and kindness. Leave feeling more capable of cultivating joy and peace in your life, and expressing more love, affection, compassion and mercy to others so that they too, can experience more joy. This webinar will equip you to identify the sources of stress that inform your practice, rob you of focus, and diminish your confidence and peace of mind. The techniques presented herein can also be shared with clients and staff to assist them in maintaining their health and peace of mind during these stressful times when anxiety runs high and patience is waning.

**Objectives:** At the conclusion of the program the participant will be able to:

- Become aware of the stress producing aspects of the Euro-American mindset that drives their thinking and behavior
- Appreciate the benefits of improved mental and physical health to be realized by learning and adopting a mindset that promotes patience, unity, agreeableness, humility and kindness.
- Be equipped with practical tips to enable the shift from today's thinking to joy producing habits, thoughts and behaviors and be able to share with clients and families
- Define Ho'oponopono and the relevance to developing a different mindset
- Relate the basic recipe of EFT and methods of combining with other therapeutic methods
- Identify the blocks to and components of instilling joy into our lives - using concepts of the Dalai Lama and Desmond Tutu

## ABOUT THE SPEAKERS

**Rita Rizzo, MSc**

Principal of Rizzo & Associates LLC, a management consulting and training firm founded in 1984, Rita has over three decades of experience as a writer, curriculum designer and training facilitator. She has written over 200 print and online articles, 400 training curriculums, and 12 books in the past decade. A ghostwriter, blogger and curriculum developer, Rita never misses a deadline and is known for her error-free, content-rich writings.

**Marcella Balin, RN, BSN**

Marcella Balin is a well-known and highly regarded educator and presenter. She is an independent nurse entrepreneur and lecturer with forty plus years of experience. She began her nursing career in Brooklyn, NY and spent a decade moving into the field of education. She parlayed years of widely varied teaching experience into a career of independent teaching and presenting. She brings years of ongoing professional education in human and organizational development to her workshops. She is a very energetic and dynamic speaker.

## CONTINUING EDUCATION

**3.0 Hours approved for:**

- **Nurses-The Ohio Board of Nursing accepts Continuing Education events approved for Social Workers for Continuing Nurse Education.**
- **MCSWMFT approval under a different title. Please call or message for details.**
- **Registered with the Accountancy Board of Ohio CPE.181**
- **BELTSS #41629-SS-24**

**Registration is not complete without payment.**

**► Cost      \$45**

**Workshop materials and access links will be sent to participants when registration is complete.**

**Feel free to call with any questions as the Webinar format is new to many of us.**

**If you prefer to pay with a credit card—you can message your registration information by email and request an invoice.**