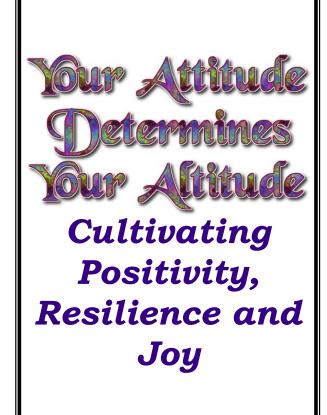
#### **Registration for**

### Your Attitude Determines Your Altitude: Cultivating Positivity, Resilience and Joy \$80

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## Continuing Education Seminar



## Webinar

You will log in from your own device.

Access link will be provided when you register.

#### **PURPOSE**

This program 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 content will assist you in learning diverse tools that can be used for yourself and shared with clients and families. The techniques presented herein can contribute to and assist you and others to maintain health and peace of mind during these difficult and anxiety producing times. Client specific recommendations can make these practices accessible to most learning styles and needs - and increase resilience and coping strategies.

#### **OBJECTIVES**

Upon completion of this program participants will be able to:

- Identify components of attitude and the tendency to habits of thinking and action that increase blocks to positive change
- 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
- Define Ho'oponopono and the relevance to developing a different mindset
- Relate the basic recipe of EFT and methods of combining with other apeutic methods
- Identify the blocks to and components of instilling joy into our lives – using concepts of the Dalai Lama and Desmond Tutu
- Describe the 8 dimensions of resilience and identify interventions and actions to strengthen areas of weakness
- 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

#### ABOUT THE SPEAKER

#### 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.

Her BSN is from Wright State University in Dayton, and she brings years of ongoing professional education in human and organizational development to her workshops. She is a very energetic and dynamic speaker.

**▶**Cost

\$80

# **CONTINUING EDUCATION** 6.0 Hours approved for

Counselor and Social Worker Continuing Professional Education (by the Ohio CSWMFT Board)

Nurses-The Ohio Board of Nursing accepts Continuing Education events approved for Social Workers for Continuing Nurse Education.

Registered with the Accountancy Board of Ohio CPE.181

**BELTSS**—3 hour program is available See: Bringing More Joy to Life

#### REGISTRATION & REFUNDS

Registration is not complete without payment.

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 please message your registration information by email and request an invoice or call 937-478-4958