

**Registration for
Your Attitude Determines Your
Altitude: Cultivating
Positivity, Resilience and Joy
\$80**

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Message or call if a credit card invoice is preferred.

Please send this information via email in that case.

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

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

Continuing Education Seminar

**Your Attitude
Determines
Your Attitude
Cultivating
Positivity,
Resilience and
Joy**

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 therapeutic 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
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and request an
invoice or call
937-478-4958**