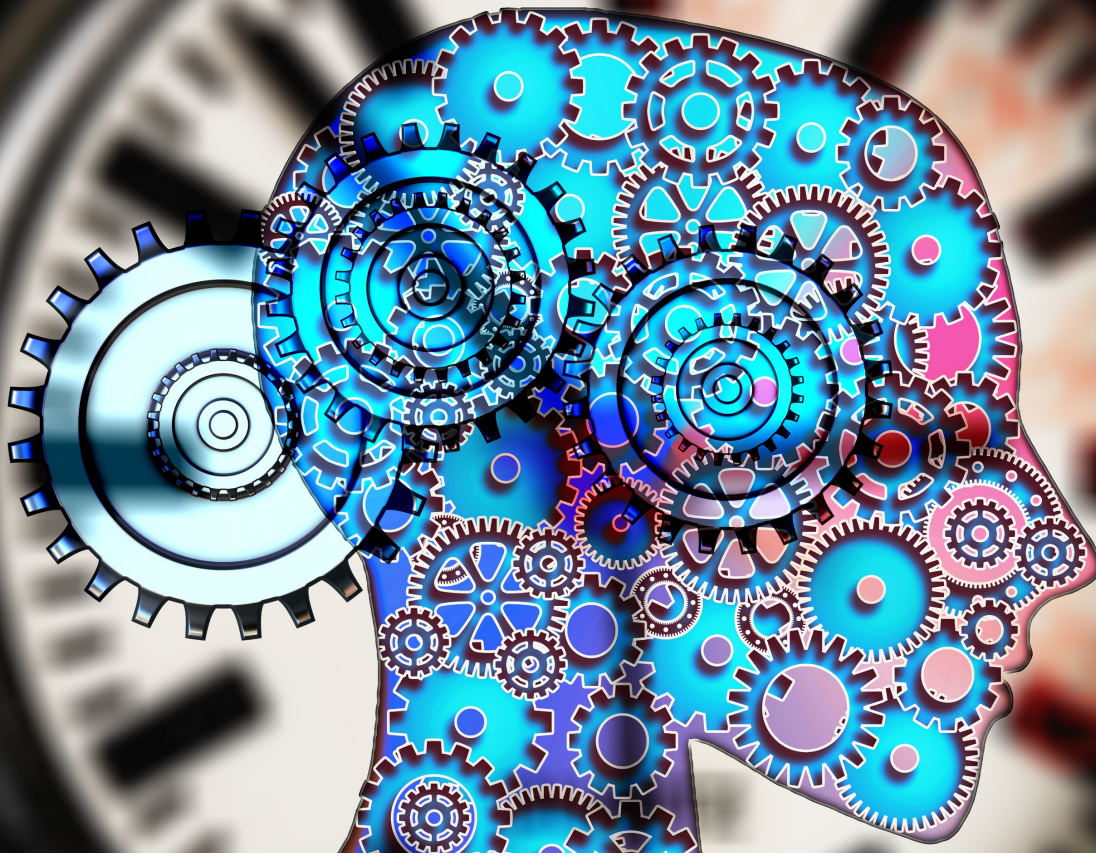


CHILD CARE PROVIDER WORKSHOP: FEB 2021



STRENGTHENING SELF AWARENESS

TO REDUCE BURNOUT IN TIMES OF STRESS

DATE: Saturday, Feb 20 at 9am-12pm

TRAINER: Julie Kurtz, Founder of Center for Optimal Brain Integration™

DESCRIPTION:

Participants will be introduced to the concept of burnout and learn about the Zones of Self-Awareness to detect when their stress response systems have been activated. Several strategies will be explored for strengthening or building self-regulation and grounding in times of stress. This training takes participants on a journey to the center of themselves - sometimes we call it getting a Ph.D. in you!

REGISTRATION:

1. Log on to www.caregistry.org
2. Click [here](#) to enroll
3. Or contact Lucia at (530) 272-8866 x225 lucias@snscs.org or Jessica at (530) 993-1288 jessican@snscs.org

SELF CARE STRATEGIES:

- Neurobiology of Stress: Body, Brain and Behavior
- Burnout & Compassion Fatigue
- Zones of Self-Awareness & Cultivating Grounders
- Health & Wellness Toolkit
- STOP Tool
- HOPE Tool
- Breathing & Mindfulness
- Temperament & Resilience

