



Letting Go

Presenter: Brandi Nelson

Target Audience:

All 2021 Udderly Coda Time retreat participants are codas. All attending the retreat are welcome to participate in this workshop (includes coda interpreters, coda students, coda non-interpreters).

LOC: Ingleside Conference Center, Pewaukee, WI

Date/Time: October 3, 2021 (9:30-10:30am)

In this workshop presentation, the presenter will focus on various evidence-based meditation techniques that research has shown will help to support self-care. The course will also include a self-assessment, facilitator-led small-group discovery activities, and a guided meditation that applies the techniques introduced in the course.

Upon completion of this presentation, participants will be able to evaluate their mental well-being, analyze the potential for burnout, identify at least 3 mindfulness strategies that will help to promote enhanced health and well-being, and will be able to demonstrate practical relaxation techniques (e.g., deep breathing techniques, imagery exercises, self-guided meditations, etc.). Participants will be able to identify and discuss health-promoting goals as well as techniques that will help to improve well-being in both personal and professional settings.

*.1 CEU's

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