



April 2021 ♦ Virtual Series

**APRIL 16, 2021**

***Transcending the Unknown: Becoming more resilient in the face of challenges and changes***

**Kari Knutson**

**Professional Speaker, Therapist, Storyteller**

This engaging and timely presentation focuses on multiple topics related to how the world has changed since March of 2020. In light of these changes, we have had to refocus our priorities and overcome numerous obstacles in our personal and professional lives. The recurring theme of this presentation is shifting perspectives, cultivating courage, and harnessing the power of compassion.

We will discuss the role of stress and how to identify and mitigate it, as well as positive coping mechanisms so that we can show up fully present in our roles, ready to engage thoughtfully and effectively with the people we serve. This presentation will also explore the ways in which we can adapt to new situations by shifting our perspectives and understanding the cycle of change.

We will also discuss the role of courage in consciously choosing how we show up for ourselves and others as well as the concept of compassion and how we can use compassion to enhance our connections, expand our influence, and help us heal.

Participants will leave with practical and actionable ideas that they can start using immediately.

**APRIL 23, 2021**

***Compassion Fatigue & Burnout Prevention***

**Howard Baumgarten**

**Licensed Professional Counselor, author, consultant, speaker, wellness and small business-training expert, and owner of a mental health private practice in Lakewood, Colorado**

This Workshop is designed to teach participants to become aware of compassion fatigue and burnout risks in the workplace, while learning how to manage symptoms, and prevent fatigue and burnout through applied cognitive, behavioral, and emotional interventions.

The training includes an introduction, definition and exploration of terminology, a review of the causes of compassion fatigue and burnout, symptom identification, research and original theory, individual and group intervention/prevention strategies, and a summary/conclusion.

The training includes a step wise individualized written "Burnout Prevention/Burn-up Invention Plan" that participants will work on throughout the program and finish up on their own after the training. Participants may be divided into breakout rooms for brief exercises related to the topic. The program includes brief video clips and/or audio clips to make and/or support key points.





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Additional materials/references will be made available to participants in a pre-conference learning packet that includes links to short videos and articles on the subject, along with an original compassion management survey developed by the speaker. A complete list of references used to build the program and for further participant engagement is provided at the conclusion of the training.

Note: The purpose of providing video/audio, slides, written exercises, group sharing, in addition to the lecture is to utilize multiple training methods that will accommodate and satisfy the many different ways participants enjoy learning.

**APRIL 30, 2021**

### ***The accord Tool for Successful Negotiations, Influential Conversations (and Great Meetings)***

**Sara 'Zora' Boas**

**Founding Director, Boas Partners**

The same deep structure and process can be used to achieve influential conversations, successful negotiations, and great meetings. Many of us use this structure unconsciously when we are at our best. However, when we skip essential steps, we undermine our own role as positive change-makers. In this highly interactive session, Sara 'Zora' Boas will teach us the six phases of her accord tool for transformation. Based on modelling what outstanding leaders and negotiators actually do, accord is used by community and business leaders around the world to engage people, take clear decisions together, gain real commitment, and generate powerful collaborative action. Participants will be encouraged to explore how they can apply accord in their own daily lives, to create and sustain health and wellbeing for people and the environment, even more effectively.

By taking part, you will learn to:

- Prepare for meetings/negotiations/conversations with your own and your partners' true needs in mind
- Create an atmosphere of trust, emotional safety, and productive cooperation
- Establish clear expectations and a process for achieving shared goals
- Drill down from sharing and developing ideas to agreeing on a specific plan
- Ensure that each individual shares responsibility and commits to taking action
- Keep up the momentum of implementation and continuous improvement

<https://www.rihel.org/programs-training-and-events/leadership-is-for-everyone/>

