



Facilitator Training

July 25, 2019

8:30 am-9:00 am Networking

9:00 am to 3:00 pm Workshop

UW Extension Dane County Office

5201 Fen Oak Drive, Suite 138

Madison, WI 53718

Phone: 608-224-3722

Cost is \$75 per participant

Register online no later than July

11th @

<https://danetakingcareofyou.eventbrite.com>

Space is limited, register soon!
(Registration fees are nonrefundable)

Facilitator Training

Taking Care of You is a multi-session program offering practical strategies and experiences to help you deal with the stress in your life.

Managing life's challenges in a healthy way allows you to take better care of yourself and your overall health. Each week you will explore topics through small group discussion, self-reflections and activities.

Activities of the program are aimed at increasing mindfulness, positive emotions, optimism, resiliency to stress, coping skills, and self-care of one's mind, body, and spirit.

Participants will learn strategies to:

- ◆ Take better care of all aspects of your health —body, mind, and spirit
- ◆ Become more aware of the mind-body connection and how to use this awareness to improve your health
- ◆ Respond with thought verses reacting automatically to life's stressors
- ◆ Discover opportunities in life's challenges
- ◆ Develop healthier habits that can lead to a healthier you
- ◆ Find ways to become a happier person
- ◆ Simplify your life
- ◆ Live more in the moment

Participants who attend the entire day will also be certified to teach this curriculum.

Who Should Attend?

- ◆ Managers
- ◆ Supervisors
- ◆ Religious leaders
- ◆ Leaders
- ◆ Wellness Professionals
- ◆ Youth Workers
- ◆ Human Services Staff
- ◆ Not-For-Profit Staff and Leaders
- ◆ Community members interested in wellness
- ◆ Educators
- ◆ Medical Professionals
- ◆ Volunteer Managers



At the completion of the day you will leave with the tools to improve your own life and the life of your colleagues, and customers.



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