

Brunch 2 a
Better U Series
**Walking the
Tightrope**

Goal Setting, Stress
Management and Balance for
Professionals

FEATURING:

- Vision board creation/workshop with CE training!
- A training for you to focus on positive changes and self-improvement to stay energized, enthusiastic, implement change and avoid burnout!

**Saturday,
January 12th , 2018**

8:15 – 9:00 am: Registration,
Networking, and Brunch Pick Up

9:00-12:00 pm: CE Presentation

12:00 pm: Evaluations and Adjourn

**Brighton Gardens of
Buckhead**

3088 Lenox Road NE
Atlanta, GA 30324


**\$50 Early Bird Registration; \$70 At
the Door (If space is available)
(includes Brunch and 3 CE hours!)**

*Space is limited.
Please register online at
www.ceucreationsinc.com.*



**Continuing Education Event,
Brunch & 3 CE Hours**

3 Credit Hours Approved For:

- Social Work (ASWB – 3 Core/Clinical Hours)
- Case Managers (CCM-3 Clock Hours)
- RN (CA Board of Registered Nursing – 3 Contact Hours)
- LPC (NBCC – 3 core Hours) 
- Attendance or applied credit certificate available for other credentials.

*Just in time for the New Year –
Create your own
2019 Vision Board!!*

Presented By:

Jenny Buckley, RN

One of our most popular presenters!

**This Event is Generously
Sponsored By:**



***Brunch and Mimosas generously
provided by Brighton Gardens of
Buckhead !***



Walking the Tightrope

Creative. Educational. Unique. **Goal Setting, Stress Management and Balance for Professionals**

About Brunch 2 a Better U Series:

We have been approached by so many of you all that are interested in implementing positive changes in your lives – but in the craziness of our day-to-day lives it's a challenge to bring these changes to fruition. Do you want to see positive change in your life? Personally? Professionally? Both? Join us at this unique Brunch Series Event – where we provide education centered around self-improvement. Networking, CEs, brunch and an activity always provided! Don't miss it – you deserve it!

Do you want to see positive change in your life? How many times do we hear about the necessity of self-care in our high stress professions to prevent burn-out and compassion fatigue? Yet, if we stop and think...how many of us really take these critical steps to make sure our own needs are met? This self-care training will focus on “bringing us back to the basics” of self-care – allowing us to take a closer look at our own work/life balance, stress management techniques, goals setting and boundary setting. To act as change agents in our own lives (and in the lives of our clients/patients/families) – we must be willing to honestly explore these critical areas. We will end our training by creating our own vision boards that we can display to promote positive energy and affirmations of change towards our goals.

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By attending our workshop, you will be able to:

1. Name 2-3 methods of goal-setting to create a more positive outcome.
2. Identify critical ways to better achieve work/life balance to decrease burnout/compassion fatigue.
3. Participate in a self-care activity to counter-act negative effects of burnout/compassion fatigue.

SOCIAL WORKERS: This organization (CEU Creations provider #1239) is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org through the Approved Continuing Education (ACE) Program. CEU Creations maintains responsibility for the program. ASWB Approval Period: 11/22/18-11/22/21. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 3 Social Work Clinical/Core continuing education clock hours. In order to receive credit, you must attend the entire presentation and complete an evaluation. Certificates will be provided on-site. Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals –beginning to intermediate level of learning.

The GA Board governing social work CE's accepts ACE Programs.

NURSES: 3 Contact Hours -CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563. All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits.

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Cancellation Policy: Registrants must cancel through Sarah Gaunt only via email or phone at sarah@ceucreationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted. Cancellation Fee: \$25- Refunds will not be given for

cancellations within five (5) business days prior to the workshop date.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at info@ceucreationsinc.com or 404-480-2082.