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Online Courses: Workplace Wellness (July 29th and 30th) and Talking with Intention (September 20th & 22)

1 message

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The Copeland Center's Peer Specialist Continuing Education Series Presents:

Workplace Wellness

An Interactive Online Training

With Waynette Brock & Katie Wilson



July 29th & 30th (Thursday and Friday)

11pm-2pm ET/10am-1pm CT/9am-12pm MT/8am-11am PT

After a year of work and life changing circumstances, let's explore wellness in the workplace. Wellness in the work place is far more than a little self-care sprinkled in between overwhelming schedules, morphing boundaries, and feelings of burn out. Learn about practices the Copeland Center team uses to keep us connected and prioritizing relationship over task in highly productive work environment. This highly interactive workshop will have you asking yourself about the structures and supports you have in place to keep wellness a priority and you'll come away with plans and tools for keeping well at work.

Learning Objectives:

- List at least 5 common wellness tools for work.
- Examine your lifestyle and how it connects to wellness in the workplace.
- Name at least 3 practices to increase activities wellness for your team.

Tuition: \$180.00 USD

For Information and to Register for Workplace Wellness Click Red Button:

[Click Here for Workplace Wellness](#)

Certificates of Participation for 6 Hours Available!

A Favorite is back:

Talking with Intention: Effective Communication and Purposeful Self-Disclosure With Rachelle Weiss & Ryan Tempesco

This online course is designed for peer specialists and peer workers to examine effective communication strategies.

Communication is at the core of all of our relationships. As a peer supporter it is critical to know what we are saying AND WHAT WE ARE HEARING is done in an effective, compassionate and respectful way. Are we communicating what we want to communicate. Are we giving others the space to listen? Are we using self-disclosure in a positive manner. We will also look at the special place a peer worker holds in an agency how we can best represent ourselves. We will also look at how the special concerns accompanying online communication.

Learning Objectives: Through participation in this course we will:

1. Review a variety methods for communicating our message accurately, respectfully and with compassion,
2. Examine the skills needed for self-disclosure both as a listener and a speaker,
3. Review the special role a peer specialist might be tasked with in an agency and what special interpersonal skills might be needed,
4. Explore the power of listening and the power of silence.

"I learned that self disclosure is key to hope. How to disclose and what to disclose are also very important and I have a much better perspective about that. I also see how important listening is and much more about mutuality."

This online course is designed for peer specialists and peer workers to examine effective communication strategies.

Tuition: \$180.00 USD

For Information and to Register for Talking with Intention Click on the Orange Button:

Click Here (Talking with Intention-Sept.)

Note: a few seats opened up for the July 13 & July 15 Talking with Intention (it says "Waitlist" but there are still a some openings: *Click Here for Info & Registration*

Certificates of Participation for 6 Hours Available!



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