



Minnesota Care's Workshop Overview:

Workshop Title	Workshop Facilitator(s)	Workshop Description & Learning Objectives
Self Acupressure and Storytelling	Michael Gardos Reid MA, LPCC, BC-DMT	Participants will be introduced to acu yoga movement and voice warmups. They will be guided to explore self-acupressure, both traditional and improvisational sequences, for relaxation and self-care. Participants will be introduced to traditional imagery associated with points and meridians and invited to listen to their emerging somatic imagery and sensations and begin to name possible related stories and life clues.
Creating Calm in Today's Chaos	Paula S. Forte, PhD, RN, NBC-HWC, Integrative Health & Wellness Coach, Owner Co-Create 4 Life, LLC	<p>This session will discuss how calm is genuinely an "inside job" and will demonstrate several strategies for helping to calm one's own (and potentially others') nervous system even amid a busy, chaotic workday. Using breathing techniques, grounding tools, guided meditation and essential oils, participants will leave with tools for creating their own sense of calm.</p> <p>The participant will be able to:</p> <ul style="list-style-type: none"> •Recognize how our nervous systems are built to respond to chaos. •Quiet the body's physical response with physical tools to create calm. •Address the typical emotional response with soothing language that invites relaxation.
Invest in Rest	Sarah Moe, CEO, Sleep Health Specialists	



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<p>Creative Connections to Community and Self through Music</p>	<p>Alicia Little, MT-BC</p>	<p>Join us for group drumming and song sharing to explore how to use music (listening and creating) for your own growth, wellness, and expression. Active participation is necessary for this workshop, but musical training or experience is not required.</p>
<p>Guided Resilience: A Path toward Post-Traumatic Growth</p>	<p>Cami Smalley, MA², NBC-HWC</p>	<p>Join Cami Smalley, a professional wellness coach and Amazon best-selling author of <i>Mindful Pause: A Self-Care Guide to Resilience and Well-Being</i>, to explore posttraumatic growth and the skills needed to ensure you can emerge stronger through disruptive life events.</p> <p>Participants should plan to take the VIA Character Survey before the session (takes about 15 minutes). https://www.viacharacter.org/survey/account/register After completing the survey, be sure to scroll down to find the link to your FREE report.</p> <p>In this interactive workshop:</p> <ol style="list-style-type: none"> 1. Understand <i>posttraumatic growth and how holistic well-being ensures you experience it.</i> 2. Complete a holistic assessment of wellbeing. (colored pencils provided) 3. Learn evidence-based skills to increase the likelihood of experiencing PTG including a discussion on the role of personal strengths and character values. 4. Includes a tool for self-reflection to explore your experience of PTG.
<p>EASE (Energy & Sound Experience) Sound Bath</p>	<p>Julie Lentz, Certified Reiki & Sound Healing Practitioner, Registered Nurse</p>	<p>A sound bath is a healing practice where the practitioner guides the reclined client into an experience of relaxation & allows the healing sounds of the instruments to bathe them. By using sound healing instruments, the practitioner sets an intention, and the client hears the sounds and feels the vibrations. This can cause deep relaxation throughout the session and allows a person to release the physical, mental, & emotional tensions while sinking into a calm state. Receiving the vibrations can cause balance and healing at the cellular level.</p>



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Creative a Creative Practice	Kristin Peterson, RT(R) (CV) RHPC	This workshop will provide a glimpse of the limitless exploration possibilities that can be found within mixed media to help shape a creative practice. A short tour of using different supplies and embracing an imperfect, no-rules approach to creating. We will leave the inner critic at the door and walk on the side of permission. Pencils, pens, crayons, inks, and sprays. Bring along your sense of curiosity and wonderment.
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<p>Creative Journaling for Resilience: Pages for your playbook</p>	<p>Natalie Lu, MSN, RN, Founder of The Reflective Nurse, LLC and The Reflective Collective</p>	<p>In this workshop, participants will be guided through creative journaling exercises inspired by the Japanese art of Kintsugi 金継ぎ. A brush of art journaling will provide participants with the tools and guidance to create a kintsugi collage cover for a journal they will take home from this session. Participants need not have any level of writing or art journaling experience. Come to this session with a desire to try or to build on a practice of creative expression that can provide a new lens on who we care for...including ourselves!</p> <ol style="list-style-type: none"> 1. Practice reflective journaling techniques to consider for daily practice. 2. Describe the elements of the Japanese art and philosophy of kintsugi. 3. Start a journal to take home with a cover crafted by you!
<p>Introduction to Park Rx and Forest Bathing</p>	<p>Sara Holger, Lead Interpretive Naturalist at Whitewater State Park and Certified Nature and Forest Therapy Guide</p>	<p>Learn about the healing power of nature and ways to enhance wellbeing through outdoor activity. We'll hear about the Park Rx movement in Minnesota and practice some simple forest bathing activities you can do at home.</p>
<p>Anchor your goals in a wellness vision to make meaningful changes</p>	<p>Aleisha Theisen, NBC-HWC and The Wellness Connection Owner</p>	<p>Do you have a wellness goal that feels daunting? Or maybe you know your wellness needs a reset, but you're not sure where to start. Enter the wellness vision, a powerful tool for building motivation and sustaining wellness practices. In this session, Aleisha will guide you through the</p>



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		<p>steps to:</p> <ol style="list-style-type: none"> 1. Create a picture of you at your most well self in your personal wellness vision statement. 2. Connect it to your most important "whys." 3. Set 2-3 mini "SMART" goals that will help you reach your wellness vision.
<p>Meditative Movements: Affirmations and Movement for Healing</p>	<p>Bekah Rieke, Certified Holistic Nutrition and Mindfulness Coach</p>	<p>Our human experience can be fraught with trauma, addictions, and unhealthy habits. This self-care practice honors your mind, your body and your energy force in a new way. Bekah will lead you in a mind-body-spirit experience that combines both uplifting and healing affirmations with movement. *Come as you are. No special clothing required.</p>



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<p>Food-at the intersection of wellbeing, sustainability, and justice</p>	<p>Jenny Breen, Chef, MPH, M Ed, Culinary Nutrition and Food Systems Educator/consultant</p>	<p>Jenny will discuss the concept of food, food systems, and food justice, and how this relates to our own health and wellbeing. She will dive into individual food stories and the role that food plays in our identity; how those stories relate to patient and client care and what this has to do with the larger food environment. She will share some culinary nutrition concepts, and offer a brief cooking demonstration and tasting</p>
<p>Renew, Release, & Restore</p>	<p>Kari Ealy, Certified yoga instructor & Registered Nurse</p>	<p>Please join us for renewing (breath work), releasing (through small movement in our body), and restoring (with guided mediation). This movement practice will involve small movements that will help to release patterns of stress and tension in the body. This renewing and restoring allows us to release and let go of what is no longer serving our bodies and minds. All bodies are welcomed and encouraged to participate. These practices will be done while seated in a chair.</p>
<p>Exploring Your Creativity from Within</p>	<p>Liba Zweigbaum Herman, INSIDE OUT studio Owner, Creativity Coach/Facilitator</p>	<p>Creativity is inherent in ALL people. Art is a powerful tool for personal growth. Find connection, rejuvenation & curiosity with uninhibited expression. From the INSIDE OUT... In this workshop you will discover painting as a way of journaling, tuning into your unique creative life force, while releasing attachment to meaning, control, expertise, or final product. This approach to painting is focused on mindfulness, creative permission, and the act of spontaneous expression.</p>



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<p>Healing Words: Creative Writing for Well-Being in Healthcare</p>	<p>Jack El-Hai, MFA, Freelance Writer and Author</p>	<p>Learn how anyone working in healthcare can reduce stress and burnout, boost empathy, and increase satisfaction by writing creatively. Discover techniques to find time to write when you think you haven't any. We will work on in-session writing exercises that will surprise you.</p>
<p>INtentional Boundaries</p>	<p>Kenzie Wilcox, Certified Life Coach</p>	<p>Creating boundaries is a very hard thing to do when we are constantly being pushed and pulled in so many directions. Demands at work, home and personal life can create chaos and instability. During this session participants will identify core beliefs and values to fuel the creation of personally meaningful boundaries.</p>
<p>Yoga Nidra + Breathwork Meditation</p>	<p>James Orione, Yoga Practitioner, Founder of Bridges through Yoga</p>	<p>Coming soon</p>



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<p>Leveraging Capacity to Influence Personal Resilience</p>	<p>Kerry P. Appleton, MAN, RN, CCRN-K, Resilience Coach, NMH, Emily Leshon Manchester, RN, Director of Nursing, Blaze Health, and Nancy Wheelock-Scott, Director of Learning & Development, NMH</p>	<p>During this session, participants will;</p> <ul style="list-style-type: none"> • Identify the emotions and feeling that impact personal capacity • Learn & practice energy self-regulating techniques • Create a choice point that benefits your physiology



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