

One Day Workshop For Educators & Professionals:

“Brainsense: A New Language to Prevent and Change Mental Health in the Classroom”

Presented by:

Cathy Lumsden, Registered Psychotherapist, Business Coach,
Author and International Speaker

Dates & Locations:

March 2, 2018 in Hamilton, ON

Courtyard by Marriott Hamilton

1224 Upper James Street, Hamilton ON

Tel: (905) 383 – 7772 Room rate: \$156.00 + taxes

Educators have been identified as a crucial population for early detection, prevention and intervention for mental health challenges. When educators feel confident and aware, they are more comfortable to speak to and connect students to professionals and mental health services. I know that promoting the healthy development of all students, so they can reach their full potential, is a priority for educators across Canada. Students’ health and well-being contribute to their ability to learn, and that learning in turn, contributes to their overall mental health. The workshop is designed for educators, educational assistants and any profession working with students. Participants will be involved in exercises and group discussions to expand and stimulate new learnings.

AGENDA HIGHLIGHTS

Setting the Stage:

- Brainsense is a language and a solution to discussing, de-stigmatizing and supporting our children’s mental health and well-being.
- To understand and use Brainsense as a language with students
- To learn and understand the 3 E’s of Brainsense: Explore, Expand and Encourage
- How Brainsense can manage and prevent mental health issues

How Intergenerational Patterns and Perceptions Contribute to Mental Health

- How to become aware of the internal and external mindsets and behaviors that continue the cycles into mental health issues

- Understanding coping styles such as procrastination and perfectionism, pleasing and controlling/avoiding

Brainsense Strategies To Assist Students In The Classroom

- REUSE: what’s working; RECYCLE: what’s not working
- Train your mind and change your brain
- Using Brainsense in the curriculum

Avoiding Fatigue and Burn Out as an Educator

- Using Brainsense principles and strategies with yourself
- Assessing stress levels
- Common pitfalls educators fall into

OUTCOMES

Participants will:

- Understand mental health issues and Brainsense
- Use Brainsense with themselves and their students
- Find ways to incorporate Brainsense into classes and curriculum
- Assist students to identify and springboard from their strengths
- Guide self and students to become sophisticated leaders
- Teach parents and colleagues about Brainsense to manage and prevent mental health issues

WHO SHOULD ATTEND

K-12 Teachers, Counselors, Psychologists, Learning Assistants, Resource Teachers, Aids, School Paraprofessionals, School Administrators, Childcare Workers, Nurses, Social Service Professionals, Family Therapists, Youth Workers, Occupational Therapists, Addiction Counselors, Probation Officers, Early Childhood Educators. All other educators and professionals who support students and youth.

ABOUT CATHY LUMSDEN

Cathy Lumsden, registered psychotherapist, business coach, author, and international speaker has over 30 years of touching thousands of individuals’ lives. She has her own private practice at The Adlerian Centre for Counselling and Consulting and provides life and business coaching at Rhapsody Strategies. Cathy is the author of two books - one for adults, “The Best Advice Your Mother Never Gave You’ and one for children, ‘Debugging Those Bad Thoughts’. Cathy was the host of a successful TV show called “The Best Advice”, focusing on topics such as domestic violence, mental health, bullying, and separation/divorce. With her warm empathetic personality, coupled with her wisdom and results focused orientation, Cathy guides clients to reach their full potential in all areas of life. In her corporate training programs, Cathy focuses on improving employee engagement and satisfaction which increases productivity and decreases staff attrition rates. In her coaching and counselling she provides effective tools, skills, knowledge and encouragement to help her clients find solutions to real-life issues whether it’s in the workplace or in their personal lives.

CONTACT INFORMATION

Contact Information: W. Zarchikoff & Associates – 112, 19899 55A Avenue – Langley, BC V3A 0C4 – Ph: (604) 970-3419 – Fax: (604) 530-3841 – Email: wzarchikoff@gmail.com – Website: www.aboriginaltrainingandconsultingservices.com

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CONTACT INFORMATION

Name _____
Position _____
Organization _____
Address _____
City _____ Province _____ Postal Code _____
Phone _____ Fax _____
Email _____

SELECT APPLICABLE LOCATION AND FEE (Fees do not include tax of 5% GST)

March 2, 2018 in Hamilton, ON at the Courtyard by Marriott Hamilton
1224 Upper James Street, Hamilton, ON Ph: (905) 383-7772 Room rate \$156.00+taxes

	Individual	Group 3 – 7	Group 8 – 14	Group 15+	FT Student*
Fee	<input type="checkbox"/> \$250	<input type="checkbox"/> \$235	<input type="checkbox"/> \$220	<input type="checkbox"/> \$199	<input type="checkbox"/> \$199

*Please contact rebecca@rebeccamarinos.com for more information on our full-time student rates. Registrants must provide proof of full-time enrollment at a minimum of three courses (e.g. transcript or confirmation letter of enrolment).

PAYMENT OPTIONS: Visa, MasterCard, Check

Credit Card# _____ Expiry ____/____
Cardholder Name _____
Check # _____

SEND YOUR REGISTRATION INFORMATION AND PAYMENT

Complete and return with payment:
Please make checks payable to: W. Zarchikoff & Associates
W. Zarchikoff & Associates
112, 19899 55A Avenue
Langley, BC V3A 0C4
Toll-free: 1-888-683-7711 Ph: (604) 970-3419
Email: wzarchikoff@gmail.com
Website: www.aboriginaltrainingandconsultingservices.com

DISCOUNT RATES

Groups registering by email, phone, fax or mail, must submit all registration forms at once. Full time students (3+ classes per semester) must provide proof of enrolment

REGISTRATION FEE INCLUDES

Training materials, certificate of completion, morning coffee, snacks and refreshment breaks. Lunches are not included.

CONTINUING EDUCATION CREDITS

Many accrediting organizations recognize these, and other, workshops. Upon completion of the workshop and receipt of a Certificate, you may approach any of the following, plus others, to request continuing education credits: Canadian Psychological Association (recognized by the Alberta College of Social Workers), Canadian Counselling & Psychotherapy Association, Canadian Addiction Counsellors Certification Federation, Canadian Vocational Rehabilitation Association, Canadian Professional Counselling Association, Employee Assistance Certification Commission (EAPA), Indigenous Certification Board of Canada (ICBOC). The number of course credits will vary for each event.

TERMS & CONDITIONS

Our liability is limited to refunds for workshop fees only. W. Zarchikoff & Associates reserves the right to cancel an event. Please make hotel & travel arrangements with this in mind. In the event of a cancelled workshop, we will issue a full refund for workshop fees only. The use of audio and video taping devices, beepers, and cell phones by workshop participants is not permitted at any workshop. Children and unregistered guests are not permitted in the meeting rooms. Seats cannot be shared between individuals. The contact information provided during registration will be added to our mailing list. We will not sell our mailing list or grant access to third parties; you can unsubscribe at any time. To unsubscribe please email us.

CANCELLATION POLICY: All cancellations for any workshop, forum, or conference must be submitted by email to wzarchikoff@gmail.com. Non-attendance at an event will not be grounds for any or partial refund /credit under any circumstances.

REFUND OPTIONS: 14 business days or more prior to the event: refund, minus a \$50 administration fee. Less than 14 business days prior to the event: credit to a future workshop, minus a \$50 administration fee. Less than one week prior to the event: no refund or credit under any circumstances will be available.

CERTIFICATES: Provided to attendees by email.

RECEIPTS: Sent by email once your registration has been processed.

CUSTOMIZED COURSES

We can offer this workshop in your community or customize a course that meets your specific needs. Contact us for further information. Check out our website for a full listing of events.

www.aboriginaltrainingandconsultingservices.com

Fax or email your registration form to
Rebecca Marinos
Fax: (650) 513-2020
rebecca@rebeccamarinos.com