



School of Self: Self Care Series

Targeting the needs of Mental Health Professionals and those working in connection based professions

Discovery Horse and the St. Scholastica Social Work Department invite you to join us for a new professional development self-care training series targeting the specific needs of mental health professionals and those working in Connection Based Professions. Working in tandem with Sara Sherman and her equine team, you will learn and practice new relational and communication strategies which can:

- *Improve communication in personal and professional relationships*
- *Deepen connection to self and increase capacity to connect to others*
- *Increase self care and boost morale*
- *Encourage an improved sense of self and community*
- *Address the inherent issues of compartmentalization*

Timing and structure of this training is fully customizable for your connection-based professional team (medical staff, clergy, coaches, emergency personnel. . . (the list goes on)

Self Care Series
2-Day Training
Thursday & Friday
October 25 & 26, 2018
9:00 am - 4:30 pm

Investment
\$500 per person
9 CEU credits

Early Bird Discount
\$395

Available before midnight Sept. 21, 2018
Limited to 8 people

Details and Registration at www.DiscoveryHorse.com

"School of Self at Discovery Horse provides the place and the skills to create that necessary and needed connection within our workplaces and within the culture of helping professions."

~ Erin Wilmot

"Discovery horse provides a powerful opportunity to examine one's own genuineness in personal and professional life."

~ Rachel W.