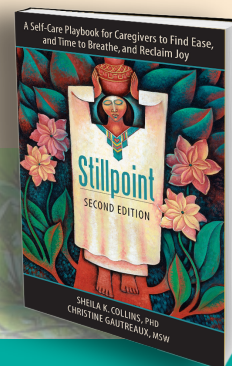


# TURNING TOUGH

## Into Triumph

With Sheila K Collins PhD



### THE ART OF GRIEVING

UNMASKING THE POWER OF LOSS IN THE WORKPLACE

Discover why complaining and griping in the workplace is actually grieving

Recognize how appropriate sharing of personal losses can engage the work team

Learn ways to address past organizational disappointments to create new futures

### FROM FEAR TO FLOW

ENABLING WORK TEAMS TO GET MORE DONE AND HAVE MORE FUN THROUGH IMPROV GAMES AND STRUCTURED PLAY

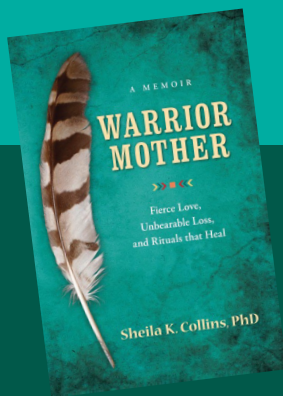
This engaging keynote presentation that includes seated audience activities demonstrates how simple tools of improv can enliven a work setting by causing people to listen more carefully, become more engaged and better team players. Returning to the workplace participants report more connection, collaboration, and fun!

### AVOIDING BURNOUT

FOR CAREGIVERS AND THEIR EMPLOYERS, THE HEALTH AND BUSINESS CASE FOR SELF-CARE

Based on Stillpoint: A Self Care Playbook for Caregivers to Find Ease and Time to Breathe and Reclaim Joy these separate workshops/presentations assist participants to:

- Recognize their own vulnerabilities
- Find ways to become better attuned to their own needs as they care and serve others.
- Identify selfcare actions to take whenever they have 1 minute, 5 min. or 1/2 an hour to themselves.



### SPEAKER • AUTHOR • FACILITATOR

Sheila K Collins is an expert on dealing with some of life's toughest challenges. Her award-winning memoir Warrior Mother: Fierce Love, Unbearable Loss and Rituals that Heal chronicles her experiences accompanying her best friend through her dying, her son as he lived with and died from AIDS, and her daughter, as she lived with and died from Breast Cancer. The second edition of Stillpoint with Christine Gautreaux is a comprehensive self-care guide for professional and family caregivers alike, offering them practical ways to tend to their own needs in order to be fully present for others.

Years as a social work professor, therapist and behavioral health care clinic director means Sheila knows what helps and what hinders in challenging personal and organizational situations. Skills as an improve performer enable her to inspire and empower audiences to leave with renewed energy to manage their own life challenges.

*"Sheila is a master at meeting audience members where they are...inspiring them to take actions to get to where they want to be. She has an uncanny ability to read the room and respond with just the right story or activity to engage and encourage people to open the door to their own creativity."*

- Lynn Coghill, Director SW, University of Pittsburgh & State of Pennsylvania Social Worker of the Year 2015.

*"Sheila educates while she entertains. She has impact wherever she goes because her deep wisdom comes wrapped in humor."*

- Jack Canfield, New York Times Best Selling Author, Coach and Founder of Canfield Training Group

contemporary craft



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