

STRENGTHENING SELF-AWARENESS AND SELF-CARE TO BUFFER STRESS AND REDUCE BURNOUT

TUESDAY, JUNE 16 & TUESDAY, JUNE 23

11:00 AM - 12:30 PM PACIFIC | VIRTUAL

This training introduces participants to the neurobiology of stress and the science behind cultivating self-awareness, self-regulation, and restorative practices. These practices are foundational to building a resilient nervous system.

Participants Will Learn To:

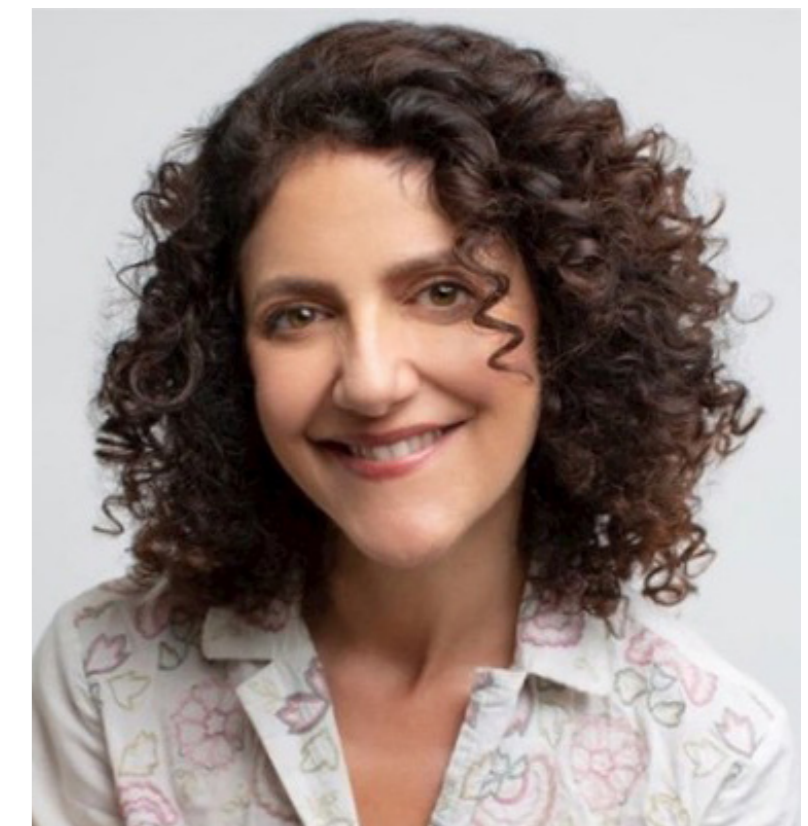
- Understand how stress impacts the body, brain, and behavior
- Recognize signs of burnout
- Strengthen self-awareness and identify personal stress signals
- Access grounding strategies during moments of emotional activation
- Apply regulation tools that support resilience and optimal regulation

Strategies and Tools Explored:

- The Neurobiology of Stress: Body, Brain, and Behavior
- Burnout, Toxic Stress and the Importance of Balance
- Zones of Self-Awareness and Grounding Practices in Times of Stress
- Biomechanics of Breathing for Regulation
- Four Pathways to Regulation

REGISTER

Members \$100
Nonmembers \$200



JULIE KURTZ

FOUNDER

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INTEGRATION*