



SAVE THE DATE

2018 NEOTEC Annual Conference

Thursday June 7, 2018 8:00-3:00

Worcester State University

Self-Care for Fieldwork Educators:

How to Support Yourself While Providing High Quality Supervision

The demands of our current healthcare environment leave many practitioners feeling overwhelmed and stressed on a regular basis. The health and well-being of practitioners is frequently overlooked, resulting in an epidemic stress, "burnout," and less than optimal care and student supervision. *Self-Care for Fieldwork Educators: How to Support Yourself While Providing High Quality Supervision* is an inspiring, thought provoking, interactive course that gets to the root cause of stress and "burnout," and offers a pragmatic approach for optimizing both personal and professional satisfaction. Participants are left with a practical approach for maintaining their own well-being, while providing a higher quality of care and supervision.

Learning Objectives:

- Identify the impact Mindfulness & Emotional Intelligence development on student supervision and personal self-care.
- Describe the distinction between "The Core" and the Role of being an OT, and how our "orientation" impacts communication and student supervision.
- Define Open Focus Attention and how it is the foundation of effective supervision and self-care.
- Create healthier personal boundaries and an improved ability to inspire students to take responsibility for their own learning.
- Implement 3 powerful techniques for maintaining emotional balance.

Speaker: Dan Eisner is a Psychiatric Occupational Therapist, Fieldwork Educator, and Certified Life Coach with 20 years of experience, specializing in the development of Mindfulness and Emotional Intelligence. Dan's practical, comprehensive, evidenced based approach to wellness has both personal and professional applications, serving as an approach to healthcare that facilitates the well-being of practitioners while empowering the service they provide. Dan's book, *The Clinical Success Formula*, is now required reading at several universities across the USA.

This conference is free and lunch is included.

Registration information will be sent electronically via email in May.

<http://neotecouncil.org/>