

# 2021 Recovery & Empowerment Statewide Calls

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## Planting the Seeds of Wellness

**Date: January 28**

**Using Laughter and Other Tools to Make Ourselves Happy**

**Trainers: Rhonda Keck and Christopher Keck**

Participants will:

- 1) Identify the emotional and medical benefits of laughter
- 2) Identify the connection between positivity and self-image
- 3) Recognize what shapes our perception and perspectives

**Date: February 25**

**Diversity: Together We Can Do Great Things**

**Trainers: Tanya Cooley &**

Participants will:

- 1) Differentiate between diversity, equity, and inclusion
- 2) Recognize how our experiences shape our perspective
- 3) Identify the value of recognizing other's life experiences

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**Date: March 25**

## Maintaining Wellness Through Clear Boundaries

**Trainers: Cindy Mayhew & David Iole**

Participants will:

- 1) Recognize the benefits of clear boundaries for our wellness
- 2) Identify our limitations and when we may need to say NO
- 3) Recognize the importance of respecting other people's boundaries

**Date: April 22**

## How Words Influence Our Outcomes

**Trainers: Tom Troe and Rhonda Keck**

Participants will:

- 1) Recognize ways to focus on changing negative self-talk to positive self-talk.
- 2) Identify how words affect the way we live, work, and enjoy life.
- 3) Identify the connection between humor and our perception on life.

**Date: May 27**

## The Power of Kindness and Gratitude

**Trainers: Kathryn Dittmore and Denise Lawrence**

Participants will:

- 1) Identify the impact that kindness and gratitude have on our overall health and wellbeing
- 2) Recognize that kindness and gratitude are skills we can develop
- 3) Share simple strategies to incorporate gratitude and kindness into our daily lives.

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**Date: June 24**

### **Putting Our Lived Experience to Work**

**Trainers: Cindy Mayhew & David Iole**

Participants will:

- 1) Identify with stories of individuals with lived experience and their journey to find meaning and purpose in their work.
- 2) Recognize how we can turn lived experience into meaningful work.
- 3) Explore opportunities to share lived experiences

**Date: July 22**

### **Thriving During Stressful Times**

**Trainers: Christopher Keck and Kelly Ellis**

Participants will:

- 1) Examine the way we view stress
- 2) Discover how to put stress to work for us
- 3) Explore the benefits of stress

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**Date: August 26**

### **Linking Our Physical and Mental Health**

**Trainers: Tanya Cooley & Rhonda Keck**

Participants will:

- 1) Define Mental and Physical Wellness.
- 2) Establish the link between our mental and physical health.
- 3) Recognize ways to keep our mental and physical health in balance.

**September 23**

### **We Are the Experts on Ourselves**

**Trainers: Cindy Mayhew & Kathryn Dittmore**

Participants will:

- 1) Define what it means to be an expert on ourselves
- 2) Distinguish the expertise that each person brings to a meeting or appointment
- 3) Relate ways we can be empowered with our provider team.
- 4) Discover a tool for putting our expertise into practice.

# **2021 Recovery & Empowerment Statewide Calls**

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**Date: October 28**

**Spirituality is More Than Religion**

**Trainers: Tanya Cooley & Tom Troe**

Participants will:

- 1) Identify various types of spirituality
- 2) Define our own spirituality
- 3) Explore tools to explore our own meaning and purpose