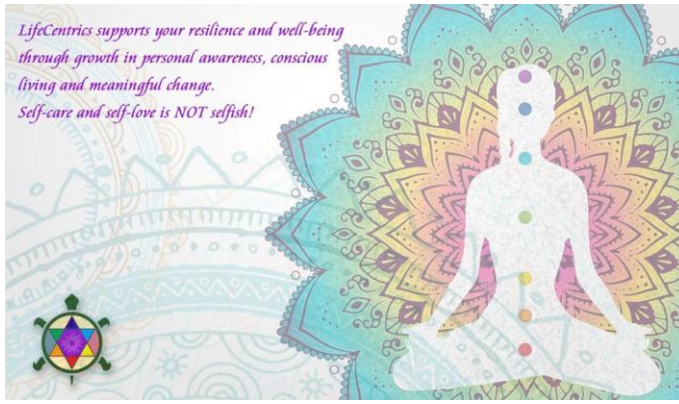


LifeCentrics supports your resilience and well-being through growth in personal awareness, conscious living and meaningful change. Self-care and self-love is NOT selfish!



New OFFERING

American Indian Institute, University of Oklahoma

LifeCentrics~The Art of Self-Health

Level I

STRESSCARE Mastery and Mentor Training

Be a POSITIVE CHANGE Maker!

Prevent overwhelm, burnout, challenging relationships, physical and mental fatigue, poor self-care choices, illness, chronic disease and work place turnover and absenteeism.

Level I STRESSCARE Mastery and Mentor Training is a 2 ½ -day intensive training in holistic approaches to personal stress management and guiding others in simple, yet effective STRESSCARE skills. In this training, participants will increase their individual awareness while taking charge of their personal stress levels. The training includes learning and integrating a set of STRESSCARE practices and skills to maintain optimum personal energy in the face of stressful situations and the demands of everyday life – at home and at work- while caring for body, mind, spirit and emotions. Topics and skills covered include:

- Understanding the **COST of STRESS** – personally, professionally, organizationally
- Understanding the **FOUR STRESS NATURES and effective REMEDIES**
- Why **HAPPY People** are **RESILIENT to STRESS**
- Key **EMBODIMENT** Practices for **Mindfulness and Personal Presence**
- The power of **MEDITATION** and **STILLNESS**
- Integrating **POSITIVE SELF-CARE** routines and practices for **OPTIMUM ENERGY MANAGEMENT**
- How **DOING LESS** can **BE MORE**
- **REPLACING TOXICITY with POSITIVITY** – Mind, Body, Spirit, and Emotions



STRESSCARE Mastery Facilitator

*Carol LaRue is an occupational therapist and an integrative wellness author, national speaker and coach. Her book, **The Art of Self-Health. Creating Total Well-Being from the Inside Out** offers a practical model of “bridging” our subtle energy body with seven essential dimensions of well-being. Her vast experience in leadership and business ownership in the healthcare industry, coupled with her own struggle and triumph over burn-out and stress- induced illness provides her with expertise and understanding of the challenges that face people who simply do too much and the challenge of achieving harmony in work and home commitments. In all of her teaching, Carol infuses meaning and purpose into practical and simple practices for positive change, **physically, emotionally, mentally, and spiritually**. The heart of Carol’s purpose is in teaching and empowering individuals from her own experience -to take care of themselves so that they may live with greater balance and enjoyment while serving and caring for others in meaningful ways.*

RESERVE YOUR SPOT!

REGISTER NOW

Level I STRESSCARE Mastery and Mentor Training Format and Schedule

August 3 – 5, 2016

Norman, Oklahoma – University of Oklahoma Campus

Day 1: 1:00 – 4:30 p.m.

Day 2: 8:30 a.m. – 4:30 p.m.

Day 3: 8:30 a.m. – 4:00 p.m.

Lunch and snacks provided

Registration Fee: \$395.00

CEU’s and Certificate of Completion Included

(405) 325-4127

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