



HOW TO MOVE FROM A REACTIVE STATE TO A THOUGHTFUL RESPONSE

June 23, 2022 | 9:00 – 11:00 AM | Assisted Living & Skilled Nursing Emphasis

COURSE OVERVIEW

One of life's biggest challenges can be learning how to optimize your capacity to remain present and choiceful under stress. This session will outline a 5-step approach inspired by Stephen Porges' Polyvagal Theory designed to empower us to remain present, even in difficult conversations, and to maintain our capacity to choose how to respond.

REGISTRATION INFORMATION

\$39 per facility WHCA Member Rate

\$78 per facility Non-WHCA Member Rate

You may have as many people join in as you would like—one phone/computer may log in per registration! Please register only one person for the webinar unless a second individual plans to log in from a separate location.

Login and dialing instructions will be emailed on the day prior to the webinar.

Two CEUs will be granted to each individual who completes the live webinar presentation.

SPEAKER

François Beausoleil, Empathic Leadership Institute Co-Founder, Lead Trainer, coaches and supports individuals and organizations throughout the world, specializing in teaching empathic leadership, empathic coaching and nonviolent communication and coaching executives on how to communicate better. He brings a strong business focus to his work. François is highly skilled at helping participants discover and transcend internal and external barriers so that they can live from a more fully empowered state. François' previous career was as a musician with Cirque du Soleil – he brings creativity and music into the rooms and hearts wherever he shares his work.

François has an MBA from Sherbrooke University in Quebec, is a Certified Trainer with the Center for Nonviolent Communication, and a registered corporate coach. He's the author of the e-book, "The Blame-Free State" published in 2014.

[**REGISTER HERE**](#)

If you have any questions or need assistance completing the online registration process, please contact Sandy Ostergard | ☎ (800) 562-6170, extension 102.