

—2019 SPRING HOLISTIC STRESS MANAGEMENT  
WORKSHOP REGISTRATION FORM—

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City, State & Zip \_\_\_\_\_  
 Phone Number (     ) \_\_\_\_\_ Email address \_\_\_\_\_

**May 2019 Workshop (Thursday May 16th — Sunday May 19th, 2019)**

**Pre-registration Fee** (postmarked by:)  
 On or before March 11th, 2019 (Early Bird Fee) ...\$1,595.00  
 After March 11th, 2019 (if available) ...\$2,395.00

**Cancellation Policy:** Prepaid fees are refundable minus a \$200.00 processing fee. Sorry, we are unable to provide refunds after April 12th, 2019. A cancellation after April 12th, 2019 results in a forfeit of tuition registration fee, however a non-refundable scholarship may be provided for the next scheduled workshop.

METHOD OF PAYMENT:

\* **Please note that checks are preferable to credit cards and/or PayPal payments**  
 \_\_\_\_\_ **Check** enclosed (payable to Inspiration Unlimited) Registration Fee: \$ \_\_\_\_\_  
 \_\_\_\_\_ **PayPal** (email payment via Paypal website to this email address: Brianlukes@cs.com)  
 \_\_\_\_\_ **Credit Card:** Master Card / Visa / Amex (circle one)

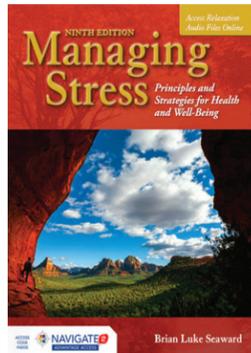
Credit Card Number \_\_\_\_\_ Expiration Date \_\_\_\_/\_\_\_\_/\_\_\_\_  
 CVV Code \_\_\_\_\_ Signature \_\_\_\_\_

TOTAL \$ \_\_\_\_\_

Please mail this registration form and check to: Inspiration Unlimited- 809 Allen Dr., Suite 200, Longmont, CO 80503 or scan this registration form to: brianlukes@cs.com. For more information, please contact Inspiration Unlimited (303) 678-9962. **THANKS!**

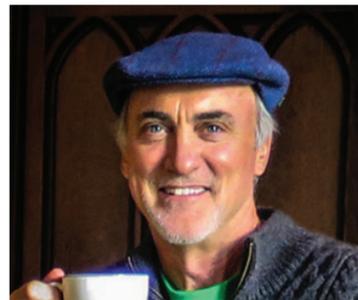
**Included With This “Acclaimed” Workshop:**

- *Managing Stress* (9th edition) and textbook workbook
- Workshop Workbook (instructor handouts and teacher’s guide)
- Workshop Workbook PDF on Flash Drive and Music Therapy CD
- Break refreshments
- 3 WELCOA PowerPoint Presentations
- 100 nature photo JPGs for PowerPoint presentations
- Certificate of Attendance/Participation and Certificate of Instruction (upon successful completion of outside class assignments & exam, awarding continuing education hrs)
- On-going mentorship with Dr. Brian Luke Seaward



**ABOUT YOUR WORKSHOP FACILITATOR**

Brian Luke Seaward is internationally recognized as a pioneer in the field of holistic stress management and mind-body-spirit healing. His acclaimed book, *Managing Stress: Principles and Strategies for Health and Well-being* (8e), is the top selling college textbook nationally and internationally. Dr. Seaward serves on the faculty of The Graduate Institute sharing his wisdom of holistic wellness to undergraduates and graduates alike. As teacher, mentor, and healer, Luke is regarded by his students and peers as a rare gem in the crown of health promotion. He is the author of several books including *Stressed Is Desserts Spelled Backward*, *Health of the Human Spirit*, *The Art of Calm*, *Quiet Mind*, *Fearless Heart* and the popular best seller, *Stand Like Mountain, Flow Like Water*. More information is available through his website: [www.brianlukeseaward.net](http://www.brianlukeseaward.net)



**Inspiration Unlimited &  
The Paramount Wellness Institute**  
809 Allen Dr., Suite 200  
Longmont, CO 80503




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In a world experiencing great transition- the time is now!

**Emotions**  
**Body**  
**Spirit**  
**Mind**

**Holistic Stress Management  
Instructor Certification Workshop**  
 With **Brian Luke Seaward, Ph.D.**  
In association with  
The Paramount Wellness Institute  
**A Special Four-day  
Level I Certification Workshop**  
**May 16-19, 2019**  
 Millennium Harvest Hotel  
 Boulder, Colorado

**54 CNE Contact Hours** AHNA approval #1182  
**11 Core Competency plus**  
**14 Resource Competency Units**  
approved CCE Provider by the  
International Coaching Federation  
**24 CHES Credits (Level I)**

## 2019 Spring Holistic Stress Management

### Workshop Itinerary

(Although content will not change, times of modules may vary due to participant questions and dialogue)

#### **THURSDAY Session: May 16th**

12:30 p.m.— 1:00 p.m.

#### **REGISTRATION AND PACKET PICK-UP**

1:00 p.m.— 3:00 p.m.

Introductions: facilitator, participants, and course content

3:00 p.m. —4:00 p.m.

Part A: Teaching Tips & the Basics of Holistic Stress Management

4:00 p.m.—4:15 p.m.

#### **BREAK**

4:15 p.m.—6:30 p.m.

Part B: Teaching Tips: Creating a Comfortable Class Setting & More Tips

6:30 p.m.—your pleasure

**DINNER** (on your own)

#### **FRIDAY Session: May 17th**

8:00 a.m.— 10:30 a.m.

Part C: Teaching the Basics of Subtle Anatomy and Energy Medicine: Stress & Disease

10:30 a.m.— 10:45 a.m.

#### **BREAK & REFRESHMENTS**

10:45 a.m.— 12:15 p.m.

Part D: Teaching the Basics of Creative Anger Management

12:15 p.m.— 1:30 p.m.

**LUNCH** (on your own)

1:30 p.m.— 3:30 p.m.

Part E: Teaching the Basics of Art Therapy

3:30 p.m.— 3:45 p.m.

#### **BREAK & REFRESHMENTS**

3:45 p.m.— 4:45 p.m.

Part F: Teaching Effective Coping Techniques

4:45 p.m.— 5:45 p.m.

Part G: Teaching Effective Relaxation Techniques: Relaxation Through the Five Senses

5:45 p.m.—your pleasure

**DINNER** (On your own).

#### **SATURDAY Session: May 18th**

8:00 a.m.— 10:30 a.m.

Part H: Teaching the Basics of Humor Therapy and Creativity (Creative Problem Solving)

10:30 a.m.— 10:45 a.m.

#### **BREAK & REFRESHMENTS**

10:45 a.m.— 12:00 noon.

Part I: Teaching the Basics of Music Therapy

12:00 noon— 1:30 noon

**LUNCH** (on your own)

1:30 p.m.— 2:30 p.m.

Part J: Teaching the Basics of Journal Writing

2:30 p.m.— 2:45 p.m.

#### **BREAK**

2:45 p.m.— 3:30 p.m.

Part K: Effective Lesson Planning

3:30 p.m.— 4:30 p.m.

Part L: Teaching the Basics of Meditation

- Inclusive Meditation
- Exclusive Meditation
- Mindfulness Meditation
- Insight Meditation

4:30 p.m.— 11:00 p.m.

**DINNER** (on your own)

#### **SUNDAY Session: May 19th**

8:00 a.m.— 10:05 a.m.

Part M: Teaching the Basics of Stress and Human Spirituality

10:05 a.m.— 10:15 a.m.

#### **BREAK & REFRESHMENTS**

10:15 a.m.— 12:00 noon

Part N: Teaching the Basics of Stress, Nutrition and Disease

12:00 noon— 1:30 p.m.

**LUNCH** Special Topic With Luke: Optional!

1:30 p.m.— 2:30 p.m.

Part O: Teaching the Basics of Guided Imagery

2:30 p.m.— 3:00 p.m.

Closing Comments, Workshop Evaluations & Farewell

## WORKSHOP SUMMARY:

This certification workshop is designed to train health educators with an interest and background in “Holistic Stress Management” to teach, direct or facilitate quality presentations/workshops at their worksite. The focus of this workshop is holistic—honoring the integration, balance and harmony of mind, body, spirit and emotions for optimal well-being. The World Health Organization cites stress as “a global epidemic.” In light of recent events, from domestic terrorism, digital toxicity, opioid addiction, political stress, racial tensions, increases in chronic diseases and everything in between, the words “change” and “stress” are becoming synonymous. It is no secret that people’s coping skills for change are underdeveloped and certainly underutilized. The purpose of this workshop is two-fold: 1) to gain a sound background in holistic approach to stress management, addressing not only the causes of stress through effective coping skills, but the symptoms of stress with effective relaxation techniques, and 2) to refine excellent teaching skills in which to share this knowledge most effectively, whether it is through a one-hour presentation or a 16 week college credit course.

## WORKSHOP PARTICIPANT COMMENTS:

“I was hoping that your workshop would help me crystallize the swirling in my head and help me understand the dread I felt about pursuing a speaking career in this field. It came to me on the plane ride home - the understanding I was looking for. Your workshop was invaluable in helping me to move through this block and I am truly, truly grateful. I will keep you posted as I go! Thanks again and best wishes to you for continued success in helping people change their lives!”

— Ellen A., Baltimore, MD

“In forty years of practice and learning, this experience has been one of the most profound for me (and my students, clients and all I come in contact with). THANK YOU so much.”

— Pam P. Amber, PA

“Many thanks for the truly inspirational workshop. I’ve already used the creative problem solving exercise for our employee wellness program. Many thanks again.”

— Lou D., Texas

“What I received from your workshop was a gift that was hard to measure. I found another piece of myself and found I was able to help people in other ways than through my physical nursing skills. You have helped me start growing and I feel energized to continue. THANK YOU!”

— Laura, H. (RN) Duke Medical Center

“The amount of tools and resources provided to enhance and teach holistic wellness, stress management and spirituality is amazing. Thank you. You are an inspiration. Words cannot convey how much. I have an infinite number of ideas about how to promote the concepts presented in people’s lives to journey towards well being.”

— Sharon P., Santa Barbara, CA

“As a nurse practitioner and manager for Integrative Medicine and Wellness Services in a community hospital setting, I gleaned far more from this course than I ever could have imagined.... it was packed full of ‘little gems’ of research data, tips for teaching and coaching, information about starting up a business, lesson plans and creative handout ideas, stunning photographs and beautiful music, both experiential and didactic, right-brained and left-brained, conscious and unconscious.... nothing was left out. Not only did I learn ‘to capacity’, but I re-discovered my enthusiasm and passion for my work and am eager to ‘dig in’ and re-craft programs and courses based on what I now know I didn’t know. Thanks, Luke, to you and all those in our spring 2011 class who shared and grew together.”

— Derreth R., ME

## WORKSHOP INFORMATION:

**Who Should Attend?** Anyone who is interested in learning, relearning, refining, and cultivating these essential life skills is invited and encouraged to attend. This workshop is designed for both personal growth and professional development. Our philosophy suggests that for people to be really effective at teaching others the basics of holistic stress management they must first be effective at knowing and practicing these skills themselves. Professionals who have greatly benefited from this workshop include: nurses, social workers, counselors, schoolteachers, wellness directors, therapists, health educators, and physicians, and those wishing to make a career change.

**Workshop Tuition:** The cost of the four-day workshop is \$1,595 (Early-bird registration ends March 11th). Cost is \$2,395 after March 11th. This workshop is limited to 30 people. Please see registration form on next page. As an FYI, please know that the spring workshop tends to fill up fast.

**Location/Lodging:** This workshop will be held at the Millennium Harvest Hotel, Boulder, Colorado, at the foot of the Rocky Mountains. We have reserved fifteen (15) rooms for workshop participants at a special conference rate of \$110.00 per night (single and double). To secure a room at this rate you must make your reservation six weeks prior to the event. All participants are requested to stay at the Millennium Harvest Hotel to help contain workshop costs. (Please mention this event is sponsored by Paramount Wellness).

Millennium Harvest House - (303) 443-3850

1345 28th Street, Boulder, CO 80302

<https://www.millenniumhotels.com/en/boulder/millennium-harvest-house-boulder/>

**Transportation:** GreenRide provides transportation to and from Denver’s airport (DIA) for around \$76 or \$84 roundtrip, respectively. Reservations required. (303) 997.0238.

### Continuing Education:

- **Nurses:** This activity has been submitted to the American Holistic Nurses Association for approval to award contact hours. The American Holistic Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation. We are seeking renewal of 54 CNE contact hours.
- **Health Coaches:** (renewal pending): This course is a CCE-approved program by the International Coaching Federation approved to award 11 Core Competency plus 14 Resource Competency CCE Units
- **Certified Health Education Specialist (CHES):** Application for CHES (entry level) Category I continuing education contact hours (CECH) has been made to the National Commission for Health Education Credentialing, Inc. (NCHEC). Approved for 24 CHES.
- **Drug and Alcohol Recovery Professionals:** This workshop has been approved for 54 professional contact hours through NAADAC.
- **Social Workers:** 24 hours through the NASW.

**Completion Requirements for Contact Hours:** Upon successful completion of the take-home exam, assignments and course evaluation, the graded assignments with comments will be returned with a Certificate of Completion for the respective professional continuing education contact hours. Take home assignments include the following: Bio-sketch, three presentation titles and summaries, course outlines, lesson plans, learning objectives, guided visualization scripts, tickler notebook or creativity project, support group meeting reflection paper, and teaching resources. Six weeks are given for completion. Extensions are available upon request. An Advanced Practices, Level II refresher course is offered every year in October.

**Itinerary:** The workshop program combines theory and abundant skills training. Please see panel opposite this page for a complete workshop itinerary. Certificate awarded through the Paramount Wellness Institute. If you can stay longer, we encourage you to visit Rocky Mountain National Park (a picturesque 50 minute drive from Boulder) to further promote a sense of relaxation and inner peace.

*“Dr. Seaward knows the field well, has taught it and lived it—and provides scientific documentation at every step. But perhaps most important, Dr. Seaward goes beyond the usual approach to the subject to speak of soul and human spirituality because he realizes that stress management and maximal health are impossible to attain unless the questions to life’s meaning are addressed.”*

— Larry Dossey, M.D.

Author of *Reinventing Medicine and One Mind*

\*Complimentary breakfast buffet each morning at 7:30 a.m.