

2022 Fall Holistic Stress Management Certification
Workshop Registration Form

Name: _____
Address: _____
City, State & Zip _____
Phone Number () _____ * Email address _____

Fall 2022 Workshop: (Thursday Oct 20 through Sunday, Oct 23, 2022)

Pre-registration Fee (postmarked by:)

On or before September 8, 2022	(Early Bird Tuition Fee)	... \$1,999.00
After September 8, 2022	(if available)	... \$2,499.00

Cancellation Policy: Prepaid fees are refundable minus a \$200.00 processing fee. Sorry, we are unable to provide refunds after September 8th, 2022. A cancellation after September 8th 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 if possible, checks are our first preference of payment

_____ **Check** enclosed (payable to Inspiration Unlimited). Please send to address listed below.

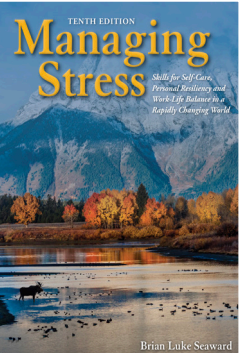
_____ **Venmo Option:** Please send payment via Venmo to this address:
@Christine-Seaward, number # 9177

_____ **Credit Card:** Master Card / Visa / AMEX / Discover (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 us at Inspiration Unlimited (303) 678-9962 (Tu/Th afternoons work best).



About Your Workshop Facilitator: Brian Luke Seaward, Ph.D. is internationally recognized as a pioneer in the field of holistic stress management and mind-body-spirit healing. His acclaimed book, *Managing Stress(10e)*, is the acclaimed 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.



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

CCE
Continuing Coaching Education
International Coach Federation

AMERICAN HOLISTIC NURSES ASSOCIATION
Endorsed Program

Farewell In-Person Workshop

Emotions
Body
Mind
Spirit

Holistic Stress Management Certification Workshop
With Instructor **Brian Luke Seaward, Ph.D.**
In association with The Paramount Wellness Institute

Level I Certification Workshop
Oct 20-23, 2022

54 CNE Contact Hours AHNA approval #1683
11 Core Competency plus
14 Resource Competency Units
approved CCE Provider by the International Coaching Federation
24 CHES Credits (Level I)

Self Care • Resilience • Inner Peace • Work-Life Balance

2022 Fall Holistic Stress Management
Certification Workshop Itinerary

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

THURSDAY Session: Oct 20th

12:30 p.m.—1:00 p.m.	Registration and packet pick-up
1:00 p.m.—3:00 p.m.	Introductions: facilitator, participants, & 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: Oct 21

8:00 a.m.—10:30 a.m.	Part C: Teaching the Basics of Subtle Anatomy and Energy Medicine: Stress and 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 and Relaxation Through the Five Senses
5:45 p.m.— your pleasure	DINNER (On your own)

SATURDAY Session: Oct 22

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 noon—1:30 p.m.	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
4:30 p.m.—11:00 p.m.	• Inclusive meditation • Exclusive meditation • Mindfulness meditation • Insight meditation DINNER (on your own)

SUNDAY Session: Oct 23

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 work site or private practice. 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 Heath Organization cites stress as “a global epidemic.” Others now call it the “black plague of the 21st century.” In light of the COVID pandemic, from domestic terrorism, economic uncertainty, climate change, genetic cloning, 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 under utilized. The purpose of this workshop is two-fold: 1) to gain a sound background in a 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.

A Special Four-Day, Level I Certification Workshop
Oct. 20-23, 2022

Millennium Harvest Hotel, Boulder, Colorado

- 54 Contact Hours through the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation
- 54 Contact Hours Through the National Association for Addiction Counselors (NAADAC)
- 24 CHES (Level I) professional contact hours are available through the National Commission for Health Education Credentialing, NCHCEC
- 11 Core Coaching Competency and 14 Resource Coaching Competency Units through the International Coach Federation, ICF

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 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, 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

“I found the lectures and our meetings together as a group to be extremely helpful. I appreciate hearing from others and how they are incorporating holistic stress management into their lives and nursing careers,” Michelle, RN

“Dr. Luke, Thank you for a wonderful workshop. I have thoroughly enjoyed the material and continue to work through it to complete the homework - I look forward to holding my first workshop, hopefully in the early fall! Thank you again - I’ve enjoyed it all and look forward to continued relationships and learning!” —Love and Peace, Lorianna N. CHES

“This workshop was another “life changing” experience for me, as I learn to acknowledge and honor my spirit voice. Thank you for being so giving and willing to share so much of yourself!”

“Luke, I’d like to thank you for a wonderful course and a very meaningful zoom class experience. Thank you for sharing your vast knowledge and giving me tools to help me launch my public service with special emphasis on corporations here and in the wider Caribbean. I’m looking forward to completing the homework assignments and designing my three chosen presentations by the end of summer.” - Regards, Cheryl, Barbados, West Indies

“Once again, thank you for a wonderful workshop! It was, by far, the most inspirational and relevant I have ever participated in. I enjoyed the assignment and really appreciated your time and the gift of your knowledge/experience to all of us.” —Cyndie Koopsen, Flagstaff, AZ

INSTRUCTOR WORKSHOP INFORMATION:
WHAT YOU NEED TO KNOW

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, school teachers, wellness directors, therapists, health educators, physicians, and those wishing to make a career change.

Conference Fee: The cost of the four-day workshop is \$1,999 (Early-bird registration ends September 8). \$2,499 after September 8. This workshop is limited to 30 people. See registration form on the next page.

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 \$169.00 per night (single and double). To secure a tower room at this rate you must make your reservation six weeks prior to the event. Please mention this event is sponsored by Paramount Wellness. Millennium Harvest Hotel - (303) 443-3850 • 1345 28th Street, Boulder, CO 80302 <https://www.millenniumhotels.com/en/boulder/millennium-harvest-house-boulder/> 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.

Transportation: Eight Black Airport Shuttle provides transportation to and from Denver’s airport (DIA) to Boulder for \$55 or \$110 roundtrip, respectively. Reservations required, and they prefer online reservations. Please go to eightblackairportshuttle.com

Continuing Education: This certificate workshop is an “ENDORSED program” through the American Holistic Nursing Association (AHNA). We are currently awaiting approval for 54 professional contact hours (CE’s). “Approval for contact hours through the AHNA is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.” **We are approved for 11 Core Coaching Competency + 14 Resource Coaching Competency Units through the International Coaching Federation, (ICF). Also we are happy to announce 24 CHES (Level I) professional contact hours. We also have been awarded 54 professional contact hours through NAADAC (Addiction Recovery Professionals).

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 nursing continuing professional development by the American Nurses Credentialing Center’s Commission on Accreditation.

Certificate of Instruction: Upon successful completion of the take-home exam and assignments, graded assignments with comments will be returned with your Certificate of Instruction (including 54 CE professional 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, and teaching resources. Six weeks are given for completion. Extensions are available upon request. A Level II refresher (in person) course is offered every year in October in Colorado.