

# 2020 Recovery & Empowerment Statewide Calls

---

## 2020 Vision for Ourselves

**Date: January 23**

**Seeing and Appreciating Diversity**

**Trainers: Cindy Mayhew & Tanya Cooley**

Participants will learn:

- 1) How to identify what makes up your cultural identity
- 2) Three steps to staying open to differences
- 3) Ways to get to know a person despite cultural differences
- 4) Tools that can help us connect with others

**Date: February 27**

**Seeing is Believing in Ourselves**

**Trainers: Wayne Beyer and Cindy Mayhew**

Participants will learn:

- 1) The definition of self-compassion
- 2) Tools and tips to have more compassion for ourselves
- 3) How to see ourselves clearly
- 4) How to give ourselves credit for achievements

# 2020 Recovery & Empowerment Statewide Calls

---

## 2020 Vision for Ourselves

**Date: March 26**

### Recognizing Our Voices Matter

**Trainers: Kathryn Dittmore and Tanya Cooley**

Participants will learn:

- 1) The definition of systems-advocacy and self-advocacy
- 2) How to educate ourselves on what we need and effectively communicate our needs
- 3) Ways to advocate for others as a group

**Date: April 23**

### Finding Supportive Friendships

**Trainers: Rhonda Keck and Christine Elvidge**

Participants will learn:

- 1) Communication skills to develop friendships
- 2) How social and support groups can help build friendships
- 3) To understand and identify the qualities of a good friend
- 4) How to identify and step out of a toxic relationship

# **2020 Recovery & Empowerment Statewide Calls**

---

## **2020 Vision for Ourselves**

**Date: May 28**

**Realizing the Impact We Have on Our Lives**

**Trainers: Kathryn Dittmore and Christopher Keck**

Participants will learn:

- 1) How our beliefs shape our reality
- 2) How to avoid self-sabotage
- 3) How to create a personal plan for success

**Date: June 25**

**Searching for Answers to Life's Changes**

**Trainers: Rhonda Keck and Wayne Beyer**

Participants will learn:

- 1) To identify different types of loss
- 2) How to accept and allow for the process
- 3) How support can be beneficial

# 2020 Recovery & Empowerment Statewide Calls

---

## 2020 Vision for Ourselves

**Date: July 23**

**Envisioning Wellness in Our Careers**

**Trainers: Tom Troe and Cindy Mayhew**

Participants will learn:

- 1) The process of discovering what career is right for us
- 2) How to locate resources to identify strengths
- 3) How our career choices and our tools impact our wellness
- 4) Options for overcoming various challenges

**Date: August 27**

**Shifting Our Outlook**

**Trainers: Tanya Cooley and Patricia Lindquist**

Participants will learn:

- 1) How to identify types of resilience
- 2) How to live beyond what happened to us
- 3) How spirituality helps us heal

# 2020 Recovery & Empowerment Statewide Calls

---

## 2020 Vision for Ourselves

**September 24**

**Finding the Positives in Our Challenges**

**Trainers: Rhonda Keck and Tom Troe**

Participants will learn:

- 1) How to see ourselves beyond our illnesses
- 2) How physical illness affects our mental health and vice versa
- 3) Ways to stay well despite an illness
- 4) The importance of holistic wellness

**Date: October 22**

**Seeking a Healthy Lifestyle**

**Trainers: Patricia Lindquist and Wayne Beyer**

Participants will learn:

- 1) How our physical wellness impacts our emotional wellness
- 2) How eating healthy sparks brain power
- 3) How to approach our healthy lifestyle in a consistent manner