

VIRTUAL WORKSHOP

Everyday Resilience: A Trauma and Chronic Fatigue-Informed Approach to Reset in the Moment + Recharge throughout the Day



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Jen is a co-founder of Real Human Performance in Cincinnati, Ohio. Jen is a trauma-informed and chronic fatigue-informed nervous system and resilience specialist.

Tuesday, February 20 2024
12:00 PM to 1:00 PM

Everyday resilience is the ability to reset in the moment, recharge throughout the day and restore appropriately to meet the demands of the day. Attendees will learn how to map their personal energy to know what they need and how to support their energy capacity throughout the day.

OBJECTIVES:

- ✓ Deliver trauma and chronic fatigue-informed neuroeducation
- ✓ Demonstrate hyper/hypo states
- ✓ Apply somatic practices that can be used in the every day
- ✓ Deliver strategies to build trauma-informed nervous system resilience



Southwest Ohio Collaborative
Trauma-Informed Care

Meeting link:

[https://us02web.zoom.us/j/7683002283?
omn=81428907940](https://us02web.zoom.us/j/7683002283?omn=81428907940)

Zoom Meeting ID: 768 300 2283