

**IN-PERSON  
WORKSHOP**

# Embodying Hope

*Everyday Resilience to Transition Your Nervous System*



# EVERYDAY RESILIENCE

*Jen  
Schneeman*

**Monday May 6, 2024**

**9am - 12pm**

**Butler County ESC**

**400 N. Erie Blvd, Hamilton, OH 45011**

Everyday Resilience is the ability to *reset in the moment, recharge throughout the day and restore appropriately* to meet the demands of the day. In this retreat-style, CEU eligible workshop, you're invited to participate in neuroeducation and experiential learning to map daily personal energy and apply real-time skills to support to feel *physically, mentally, emotionally, energetically and spiritually resilient* throughout the day.

## WELCOMED OBJECTIVES:

- ✓ Build resilience across *five layers* of our human experience for whole self-care and sustainable energy capacity
- ✓ Tend to energy leaks of hyper/hypostate
- ✓ Practice hybrid top-down + bottom-up, cognitive and somatic practices
- ✓ Learn to safely discharge stuck survival energy and bring up low energy states
- ✓ Align thoughts, feelings, emotions and sensations for authentic hope + peace
- ✓ Participate in a repeatable mini-routine to create nervous system organization and steady presence on your own



Southwest Ohio Collaborative  
Trauma-Informed Care



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CEU eligible