

# CONNECTICUT LOCAL ADMINISTRATORS OF SOCIAL SERVICES, INC. ANNUAL CONFERENCE

## **FINDING BALANCE: CARING FOR OTHERS AS WE CARE FOR OURSELVES**

**THURSDAY, SEPTEMBER 24, 2015**  
**9:00 A.M. – 2:00 P.M.**  
*(Registration & Breakfast begins at 8:30 A.M.)*

**DOUBLE TREE BY HILTON**  
**42 Century Drive - Bristol, CT**



### **WORKSHOPS DESCRIPTIONS**

#### **Presentation #1 – Compassion Fatigue and Burnout**

***Donna Fedus, M.A. – Founder: Borrow My Glasses***

Most of us entered the human services field with a genuine desire to help others. Ironically, that strong desire to help others, coupled with overwhelming client issues and systems challenges can create the perfect storm for burnout and compassion fatigue. Donna will discuss the dynamics of both and will provide us with insight to help us identify the warning signs before we fall into either trap.

#### **Presentation #2 – Taming the Emotional Gremlins**

***Alicia Davis, ACC, ELI-MP, LMT – President: Centerpoint Wellness***

Ever had one of those days when you were happy when you started your day, but within 10 minutes of being in the office you were inundated with problems and your mood went from good too bad to worse? Do you ever observe your colleagues in a state of frustration or anger lashing out at others, playing the blame game or having emotional meltdowns? Emotions are powerful influences of behavior. Strong emotions can override the rational mind in less than 3 seconds. Being able to cultivate self-awareness, practice self-regulation and effectively respond to overpowering emotions such as anger, fear and worry are critical skills to have in a work environment as well as in life. This workshop combines brain science with mindfulness practices to provide practical and effective ways of calming down and maintaining a peaceful environment in which to work and live.

#### **Presentation #3 – Staying WELL: Workplace Enhancement Through Laughter & Learning**

***Joyce Saltman, Ph.D. – Southern CT State University***

Current research indicates that humor in the workplace improves communication, enriches the culture, mitigates conflict, breaks down barriers, improves performance, critical thinking skills, and cements worker loyalty. Employees are more willing to accept challenging goals if positive humor is part of the mix. Join Joyce in this uplifting session, sharing research and offering tips for picking up every aspect of your workplace with humor.



**CONNECTICUT LOCAL ADMINISTRATORS OF SOCIAL SERVICES, INC.  
ANNUAL CONFERENCE REGISTRATION FORM**

Date: \_\_\_\_\_

Town/Organization: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-Mail: \_\_\_\_\_

**Additional Attendees from your Town/Organization:**

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Name: \_\_\_\_\_ E-Mail: \_\_\_\_\_

Please check one:

\_\_\_\_\_ # OF CLASS Members - \$40.00 per person Total: \$ \_\_\_\_\_

\_\_\_\_\_ # OF Non-Members - \$50.00 per person Total: \$ \_\_\_\_\_

**Total Payment Due: \$ \_\_\_\_\_**

**REGISTER EARLY!!!! DEADLINE: MONDAY, SEPTEMBER 21, 2015**

**MAKE CHECKS PAYABLE TO C.L.A.S.S.**

***Please mail or email form and payment to:***

**Ed Paquette**

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