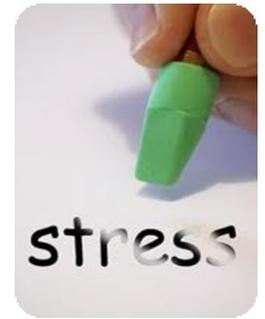


Register now for an important continuing education program that can affect your career and personal well being!
Earn 15 Continuing Education Contact Hours.

South Hill Counseling presents



Stress Reduction for Health Care Professionals an "Education-Vacation"



Healthcare by its very nature is a highly stressful and demanding profession. Unmanaged stress can lead to depression, decreased job satisfaction and psychological distress. Join this experienced and talented team of healthcare experts on an exciting "Edu-Vacation" and learn effective interventions for reducing stress and increasing quality of life and job satisfaction.



Learn while you enjoy the spectacular scenery, history and culture on a fun-filled Alaska Inside Passage cruise on the beautiful Royal Caribbean **Jewel of the Seas** sailing roundtrip from Seattle, **August 21 – 29, 2015**. Call **877 836-1949** to register today!

Combine an educational and wonderful program with a great cruise and what could be better! Earn **15 Continuing Education Contact Hours** and a relaxing experience that creates a lifetime of memories from Alaska, *the great land!*

Dynamic, knowledgeable speakers that will stimulate and inspire you.



Cheryl Osler
Ed.D, MS, MA, RN, LMHC

Cheryl Osler is a Clinical Nurse Specialist, a Child Mental Health Specialist, and a Licensed Mental Health Counselor. In her practice she specializes in Cognitive-Behavioral Therapy and biofeedback to treat individuals, couples, and families in the following areas: stress, anxiety, depression, postpartum depression, developmental disabilities, grieving, and Attention Deficit Disorders. Additionally, Cheryl is a nursing and a psychology professor.



Diane Sieg
RN, CYT, CSP

Diane Sieg is an emergency room nurse of 23 years turned mindfulness speaker, author, mindfulness coach and yoga teacher. She is the creator of the *Chaos to Calm in 30 Days Mindfulness Challenge* and *Your Mindful Year* online program and author of 3 balance and mindfulness books. She has been teaching life balance and mindfulness through her keynotes, facilitation, workshops and retreats for the last 18 years.



Keith Carlson
RN, BSN, NC-BC

Keith Carlson is the well-known blogger behind the award-winning nursing blog, Digital Doorway, and is founder and owner of Nurse Keith Coaching and NurseKeith.com. Keith is an editorial contributor for Working Nurse Magazine, LPNtoBSNOnline.org, DiabeticLifestyle.com and Multi-Briefs News Service; He has been a featured author in non-fiction nursing books. He is co-host and co-founder of RN.FM Radio, a popular Internet radio station and is a Board Certified Nurse Coach.



LeAnn Thieman
LPN, CSP, CPAE

LeAnn's poignant, yet humorous presentations motivate audiences to balance their lives, live their priorities, and make a difference in the world. She has been featured in *Newsweek*, PAX-TV, FOX-TV, NPR and PBS. Her thirty years of nursing made her the ideal co-author of *Chicken Soup for the Nurse's Soul*, plus 11 other Chicken Soup titles. LeAnn is the creator of Self-care for HealthCare™, a 12 month transformative initiative to help nurses care for themselves as they care for others.



Mary Rives
MS, CPC

Mary Rives is a life coach and laughter professional, a dynamic and passionate heart-centered leader, speaker, transformational author, and former social worker. She was recently a featured author in *Journey to Joy*, " and as certified Professional Therapeutic Monologue Facilitator, Mary facilitates deep-diving and uplifting four-day workshop intensives which culminate in participants sharing their personal stories with an intimate audience.

A trip that will awe and inspire you!



| Day | Port | Arrive | Depart |
|-----|--|-----------------|------------------|
| 1 | Seattle, Washington | | 4:00 PM |
| 2 | Cruising - Workshops | 8:00 1:30 | 12:30 4:30 |
| 3 | Alaska Inside Passage -Workshop | 8:30 | 12:00 |
| 3 | Juneau, Alaska | 12:00 PM | 9:00 PM |
| 4 | Skagway, Alaska | 7:00 AM | 8:30 PM |
| 5 | Tracy Arm Fjord, Alaska – Workshop | 7:00 AM 1:00 | 12:00 PM 4:30 |
| 6 | Cruising - Workshop | 10:00 | 11:45 |
| 7 | Victoria, British Columbia | 9:00 AM | 6:00 PM |
| 8 | Seattle, Washington | 7:00 AM | |

Saturday: 8/22 Morning Workshop

Presenter: Cheryl Osler

8:00am to 9:15am Topic 1: How stress affects the body; stress assessment.

9:15am-10:15am Topic 2: How work place stress can cause burnout, anxiety and depression.

10:15am to 10:45: Break

10:45am-12:15pm Topic 3: Techniques to reduce the impact of stress and burnout; progressive muscle relaxation; cognitive behavioral interventions; and heart rate variability biofeedback skills.

12:15pm-12:30pm: Evaluation

Agenda: Afternoon Workshop

Presenter: Keith Carlson

1:30pm to 2:30pm Topic 1: Work-life balance (*didactic session*): Health and wellness, career and family life, financial health and spiritual well-being; prioritize choices to achieve work-life balance.

2:30pm-2:45pm: Evaluation

2:45pm-3:00pm: Break

3:00pm to 4:20pm Topic 2: Techniques to increase work-life balance (*interactive session*): Integrate materials and information from the earlier didactic session in an interactive workshop setting. Participants will utilize self-exploration, small group work and large group discussion in service of the achievement of work-life balance.

4:20pm to 4:30pm: Evaluation

Don't miss this important learning and social experience. Call today 877 836-1949

Sunday: 8/23 Morning Session

Presenter: LeAnn Thieman

8:30am to 9:30am Topic 1: 'War zones' in health care today; priorities in life; balance.

9:30am to 9:45am: Break

9:45am-11:15am Topic 2: Stress and burnout; techniques to balance life; Care 4 me tool.

11:15am to 11:45: Topic 3: Positive workplace attitudes; hope in personal and professional lives; personal joys and benefits of nursing.

11:45pm-12:00pm: Evaluation

Wednesday 8/26 Afternoon Session

Presenter: Diane Sieg

1:00pm to 2:30pm Topic 1: Resilience and mindfulness; characteristics and benefits of mindfulness.

2:30pm to 2:45pm: Break

2:45pm-4:15pm Topic 2: Practices of mindfulness: deep breathing, letting go meditation, movement and body scan.

4:15pm to 4:30pm: Evaluation

Agenda 8/27 Morning Session

Presenter: Mary Rives

10:00am to 10:15am Topic 1: Benefits of laughter for wellness and health.

10:15am to 11:00am Topic 2: Participants will experience the benefits of laughter in a dynamic workshop through guided group exercises.

11:00am to 11:35 Topic 3: Stress reduction techniques: guided journaling, sharing, active laughter exercises; emotional and physical impact of using these exercises for stress reduction in daily life.

11:35am to 11:45am: Evaluation

Learn more at

www.meetingsonships.com

click on the Program Information Tab

Important Note on Continuing Education Contact Hours

- This continuing nursing education activity was approved by the Alabama State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.
- Other Professions: This convention qualifies for 15 continuing education clock hours as required by many national, state and local licensing boards and professional organizations. Save your course outline and certificate of attendance, and contact your own board or organization for specific requirements.
- Both presenters and planners declare no conflict of interest.

For information on Continuing Education Contact Hours, please contact Cheryl Osler, Ed.D., MS, RN, CNS, MA, LMHC, NCC South Hill Counseling • 5915 S. Regal Street Suite 304 • Spokane, WA. 99223 • Off: (509) 869-5050 • Fax: (509) 443-6197 • osler@southhillcounseling.com

Important Information about Pricing for this Outstanding Workshop and Cruise:

Our **price includes** your workshop program registration fees and materials, an exclusive private group cocktail party, your cruise fare, port charges (NCF's), taxes and government fees, prepaid gratuities, all meals and snacks in standard dining venues, unlimited complimentary coffee, iced and hot tea, lemonade, juices, and milk, all shipboard entertainment including Broadway style shows, comedy clubs and other nightclubs, children's activities and gym facilities and much more.

As you can see, the cruise isn't the only component of cost, but it's a big one. And because there's a big disparity in costs depending on occupancy and cabin selection you need to decide what cabin level you want on the ship:

Our Registration Rates are based on Occupancy in the stateroom and Stateroom Category Level

NOTE: Our guaranteed cabin inventory always sells out early. After that price and availability are subject to change without notice (but we'll tell you what the actual deal is before you're committed). So PLEASE, do yourself and us a HUGE favor and sign up EARLY. **Also, in order to participate in our program and activities, you must book your cruise and register through us. Cruises booked independently through other agencies will be deemed ineligible and you will not be admitted to our workshop.**

Registration does NOT include the following items:

- Non-hosted drinks, gambling, other items or services sold on board or on shore by the cruise line and/or port vendors – things like souvenirs, spa services, on-shore transportation, duty free liquor, fake tattoos, etc.
 - Optional port excursions promoted through Royal Caribbean Cruise Lines or other 3rd party vendors
 - Our optional (but very popular and always sells out) educational shore excursions
 - Airfare or other transportation from your location to the cruise pier in Seattle at the beginning; or transportation home from the pier in Seattle upon return
- Extended hours on-board childcare – Royal Caribbean provides a lot of free coverage in their standard Youth Program offering, but if you want to stay out REALLY late, optional fee based care is available. Contact us if you need more information on this.

Children - Kids are welcome! Call 877 836-1949 for important information about bringing your children.

3rd and 4th Adults and Guaranteed Share -Call to learn more about how you can share a little and save a lot!

Now it's time to pick out your stateroom! Our standard group package includes interior, oceanview and balcony staterooms. Higher level suites are available upon request. Call 877 836-1949 for details and be sure to let us know you are with the South Hill Counseling Group. You can also register online at www.grouptravelcoordinator.com/groupresources/stressreduction.html



Inside Cabin

This is a comfortable and cozy, no frills stateroom in the interior of the ship. This means you have no view to the outside, so if you're claustrophobic this isn't your best choice.

But if you want to save a few bucks and don't mind taking a walk in order to enjoy fresh air and a view, an Inside Cabin is the economical choice!



Ocean View Cabin

If you want to fall asleep to the moonlight or wake up to the morning sun, but don't need to feel the breeze in your face, the Ocean View is a good choice. You get a window, but no outside access.

An Ocean View cabin is a great way to save some money and still enjoy the scenery when you're in your room (which won't be too often because we keep a full workshop schedule!)



Balcony Cabin

It's REALLY nice to have a glass door and wall length view of the ocean with direct access to your own private balcony. Imagine sitting out in the morning sun, or standing out under the stars watching the moonlight glisten on the water. Awesome!

This is by far our most popular selection and they sell out fast, so don't delay in signing up!

Current Interior Promotional Pricing

Double Occupancy. \$1,485.28 per person
Single Occupancy.. \$2,533.28 per person
[3rd/4th Occupant](#).....call for pricing

IMPORTANT: After our reserve inventory sells out, prices may vary. The ship sells out several weeks before we sail. Cabin choice is subject to availability.

Current Oceanview Promotional Pricing

Double Occupancy. \$1,848.28 per person
Single Occupancy.... \$3,259.28 per person
[3rd/4th Occupant](#).....call for pricing

IMPORTANT: After our reserve inventory sells out, prices may vary. The ship sells out several weeks before we sail. Cabin choice is subject to availability.

Current Balcony Promotional Pricing

Double Occupancy \$2,167.28 per person
Single Occupancy.. \$3,897.28 per person
[3rd/4th Occupant](#).....call for pricing

IMPORTANT: After our reserve inventory sells out, prices may vary. The ship sells out several weeks before we sail. Cabin choice is subject to availability.