

The Institute for Helping Professionals
"Offering Heart-Centered Programs that Teach Educate and Inspire!"

Our hallmark program is called **Reawakening the Heart of Service**© and has been designed with helping professionals in mind! We offer introductory and condensed versions of program in either a workshop/conference format (3-6 hrs)

Our extended curriculum is taught in 8-12 weeks, on-site at your organization

The following are module topics within **Reawakening the Heart of Service**©:

1. **A Calling to Serve:** The Role of Inspiration and Possibility Thinking
2. **Our Qualities of Heart:** Seeing Our Gifts and Putting them into Action
3. **The Role of Stress at Work:** Understanding and Managing It Effectively
4. **Evoking Conscious Work:** Eight Aspects of Mindfulness in the Workplace
5. **Understanding and Nourishing Ourselves:** Our Own Sacred Needs
6. **Renewing our Motivation to Serve:** Ideas that Inspire and Transform
7. **Creating a Transformational Workplace:** Laying the Foundation
8. **Reawakening the Heart of Compassion:** Catalyst for Positive Change

Our expanded 12-Week Program Curriculum:

- is presented in a weekly format (90-120 min per wk) based on group size
- brings staff together to explore initial and current motivations to serve
- provides opportunities for individuals to discuss real situations with patients, clients, students or colleagues and effective ways to respond to challenges.
- teaches effective practical techniques and strategies for reawakening their inspiration, working with self-awareness & providing compassionate service
- demonstrates healthy strategies for reducing stress, improving concentration, active listening and effectiveness.

(NOTE: Program workbooks are included with the full day program and are a valuable resource that helps reinforce learning after program concludes.

This program was created by Joan Stenzler, LCSW and Director for The Institute for Helping Professionals a holistic consulting firm dedicated to help professionals reconnect with their passion, purpose & inspiration for serving others.

Joan has presented at major hospitals and university settings throughout the NY Metropolitan area and is available for onsite presentations at your organization. For information, contact Joan at yogashrink@nyc.rr.com, 646-250-5379 or go to: www.StressLessAtWork.com