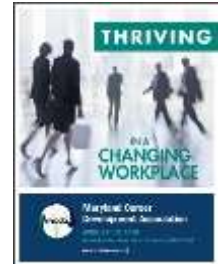




“Thriving in a Changing Workplace”

Professional Development Institute



Using Rituals and Ceremonies to Help Clients Transition

Description: Did you know that Tim Tebow and Michael Jordan performed rituals before their games? Scientific research has proven that the use of rituals and ceremonies can help reduce anxiety and improve performance.

In this session, we will explore the use of rituals and ceremonies to help your clients make an effective career transition. We will discuss relevant research, create a ritual to prepare for a job interview, and practice a ceremony of releasing a negative work experience.

Come with an open mind, your ideas, and bring an object that represents something in your life you would like to let go.

Presenter: Danielle Menditch, LCSW, GCDFI, Inner Compass Coach, LLC