

Focus Fridays Training Series

Virtual training opportunity for the helping professional to reset, reflect, draw awareness and grow in your role as a compassionate provider.

Register individually for \$10 per session

Refuel, Re-Energize

December 16, 2022, 8:30am -10:30am

Virtual Learning via Zoom

2.0 Continuing Education Hours

Trainer: Dana Johnson, MSW – Grow My Life, LLC

Course Description:

It's time to refuel, re-energize, and beam up motivation, resiliency, and heal our collective from the COVID-19 pandemic and lingering effects. Our lives have been altered, our work has had to adapt; we may have lost connections, felt isolated, lost in space...but now is the time to recognize the signs of burnout and being motivating you and your peers to refuel and re-energize for the new year. This training will examine the root of collective trauma, examine burnout from self-compassion and decision overload fatigue. An introduction to emotional first aid and tips on resilience will highlight the ability of self-reflection to improve your ability to re-energize your passion and refuel your resiliency levels. Let's boldly go where no other helping professionals have gone before!

About your Trainer:



Mr. Dana Johnson, MSW, CAPSW, holds a Master's of Social Work degree and is certified to practice social work in the State of Wisconsin. He has over 10 years of direct practice and senior level management experience in county human services, educator at the undergraduate level, and owner of a training and consulting business. His experience in organizational leadership, direct supervision of staff, conducting agency and culture change, policy analysis, LEAN process and continuous quality improvement and organization effectiveness; provides ample depth to enhance multiple tiers of agency culture change. His areas of expertise and interest include leadership development, innovation, child welfare services and reform, ethics and boundaries, trauma-informed care, and diversity equity and inclusion. He has provided non-profit and public sector organizations

transformative training in his area of expertise; called upon to work at all levels of organizations to enhance the excellence of their mission and purpose. He works in tandem with front-line staff, mid-level management, senior leaders and financial stakeholders to provide comprehensive strategies to improve organizations and embed outcomes in strategic planning initiatives.