



Our Vision

Through the gifts of our ancestors...
Prayer, Song, Ceremony, Language,
and Courage... Native people will
live in Balance and Wellness, ensuring
a rich cultural legacy for our future
generations.

Self Care Training - Preventing Stress and Burnout

[Register Now!](#)

[Download Brochure](#)

When

Wednesday September 30, 2015 at 7:30 AM
PDT

-to-

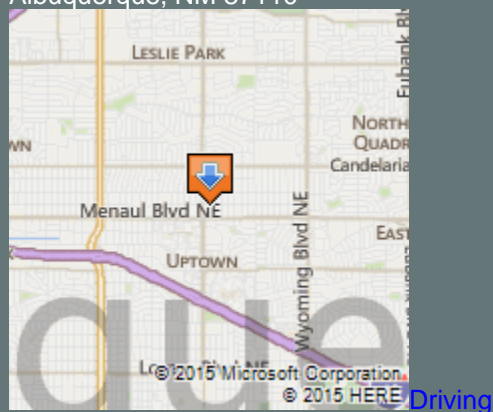
Thursday October 1, 2015 at 5:00 PM PDT

[Add to Calendar](#)

Where

Sheraton Albuquerque Uptown

2600 Louisiana Blvd. NE
Albuquerque, NM 87110



[Directions](#)

MEET THE TRAINERS

Employees of tribe's and Native organizations often wear many hats and have many demands of their time and energy. Sadly, stress, vicarious trauma and lateral oppression are also in the mix and these wear on the body, mind and spirit; often resulting in burn out. One solution is SELF CARE. The Self Care training is provided for three reasons:

1. To offer information on how stress impacts the body;
2. To offer self care techniques to address stress and burnout;
3. To offer self care solutions for employees to take back to their workplaces.

This interactive two-day training will leave participants feeling relaxed, refreshed and rejuvenated and ready to return to work more positive, productive and proactive. "We can only give what we have." And if we are depleted, that is what we are giving. Regardless of where you work- at home, tribe or organization, we hope to see you at this informative and inspiring training session!

- What is Stress
- Impacts of Stress on the Body
- Stress vs. Burnout
- Stress Relievers for the Workplace
- Self Care and Self Preservation
- Self Care for the Workplace
- Dealing with Vicarious Trauma
- Better Understanding Lateral Oppression

REGISTRATION FEES

Early registration Fee: \$295
Onsite Registration Fee: \$395

HOTEL INFORMATION

Sheraton Albuquerque Uptown
2600 Louisiana Blvd Ne
Albuquerque, NM 87110
503-349-2521
sheratonalbuquerqueuptown.com

The room rate is \$83, mention the Native Wellness Institute to receive the discounted room rate.



Rulan Tangen

Rulan is an internationally regarded dance artist, choreographer in film, theater, outdoor and site specific venues, instructor (several movement forms), lecturer, published writer, dancer/performance artist, actress, and dance company founder. With three decades of experience in study of movement arts, performing, producing, and live performance, Rulan is acknowledged as a pioneer in Indigenous contemporary dance movement and has worked in USA, Canada, Mexico, Brazil and Argentina with Indigenous cultures. She has also presented at various universities, art institutes, Native Wellness Institute conferences, and educational programs.



Jillene Joseph (Gros Ventre)

Jillene is an enrolled member of the Gros Ventre or Aaniiih people from Fort Belknap, Montana. She lives in Oregon with her life partner and children. She is the Executive Director of the Native Wellness Institute and helped to found the national non-profit organization in 2000. She has a Bachelors of Science degree in Community Health Education and has served Indian Country for 30 years providing training and technical assistance in a variety of areas. Jillene has traveled to hundreds of Native communities and interacted with and learned from thousands of people. Whether she is providing youth leadership training, assisting women heal from childhood trauma or helping to bring wellness to the workplace, Jillene shares her passion for being positive, productive and proactive. She enjoys beading, reading, pow wowing and spending time with family and friends.

The Sheraton Albuquerque Uptown is mere steps from the Uptown Shopping and Dining District, giving you access to hundreds of boutique shops and fine dining restaurants. For the historian, there's Old Town Albuquerque, where old and new intersect. And for those who live on the fairway, there's Arroyo del Orso Golf Course.

The cutoff date to make room reservations is August 29, 2015. After this date room reservations will be accepted based on availability and the discounted rate can not be guaranteed.

CANCELATION / NO SHOW POLICY

Refunds, less a \$75 administration fee, will be made if written cancellation notice is postmarked on or before Wednesday, September 23, 2015. Prepaid registrants who are unable to attend may send a replacement at no additional charge. Please provide us with the name of the replacement before the training.

No refunds after Wednesday, September 23, 2015.

If a participant is unable to attend and no cancellation is made a no-show will be charged the FULL amount of registration.