

This event is presented by the CESA 6 Special Education Services Center and Allies in Mental Health Education

# **Getting Comfortable Being Uncomfortable**

# Tuesday, July 31, 2018 9 a.m. - 12 p.m.

# **Presenter: Jeff Yalden**

Life coach, motivational speaker, mental health speaker



#### **Description:**

- The importance of Self-Care
- Mental Health: What it is and what it is not
- Reducing the Stigma and our Responsibility
- Expectations versus
  Objectives
- It's OK to ask for HELP
- You're Not a Victim
- Relationships
- Success & Happiness when you live with Mental Illness
- . . . And much more!

## Registration details Registration is limited

- Date: Tuesday, July 31, 2018
- Registration fee:
  - $\sqrt{}$  \$50.00 per person
  - √ Fee includes materials and continental breakfast
- Time: 9 a.m. 12 p.m.
- On-site checkin: 8:30 9 a.m.
- Location:
  - **DJ Bordini Center**
  - **5 N Systems Drive, Appleton**
- For additional information contact:

Lisa Lesselyong, Coordinator Allies in Mental Health Education CESA 6 (920) 279-5889 or

- llesselyong@cesa6.org
- Online registration:

http://www.cesa6.org/professionaldevelopment/

Cancellation policy: CESA 6 will issue a refund if a registration cancellation is received 48 business hours before the event date. Attendance at most sessions is limited. Individuals who register but do not attend will be charged the full registration fee. CESA 6 reserves the right to cancel any session due to insufficient enrollment. Participants will be notified by email or phone if a session is canceled.

### About the presenter

For 25 years, Jeff Yalden has been traveling the country and the world as a professional motivational and mental health speaker. He is a bestselling author, celebrity teen and family life coach and radio personality. He is a two-time Marineof-the-Year recipient. Jeff is also a man who lives with mental illness. An advocate for personal responsibility and eliminating the victim mindset every day, Jeff combines credible content with a hard-hitting, take-no-prisoners approach to living our best lives. Jeff is able to draw from past experiences to help today's youth transform their own lives. He has become the most in-demand youth motivational speaker in North America, having captured the imagination of nearly 4,000 teen audiences around the world. He routinely presents for SADD, FBLA, FFA, STUCO, FCCLA, FHA, The National PRIDE World Drug-Free Conference, National Speakers Association, National Student Council, and many more.

For more information about Jeff Yalden, visit http://www.jeffyalden.com/

#### Who should attend?

Everyone who cares about kids or is in a position to influence the mental health and wellness of learners. All school staff, coaches, clergy, leaders of organizations who support healthy youth outside of school hours, staff looking to know more about inclusion or how to support students with diverse needs.

#### To register:

Go to http://www.cesa6.org/professional-development/ to register online.

Registration questions contact: Debbie Pinkerton, program assistant, CESA 6, 2300 State Road 44, Oshkosh, WI 54904, Phone: (920) 236-0548; email-<u>dpinkerton@cesa6.org</u>