

Did you know
Nurses are the only
people who experience
stress on the job in all
5 areas Physical, Mental,
Emotional, Social
and Spiritual?

THE *Empowered* NURSE

Introduces the Empowerment Seminar where you will not only learn to identify and transform your relationship with the stresses in all 5 areas:
Physical, Mental, Emotional, Social and Spiritual -

You will leave this seminar with tools and techniques to apply immediately to combat and alleviate these 5 stresses; Physical, Mental, Emotional, Social and Spiritual.

Do you suffer from muscular, spinal or joint pain on the job? • Do you use food or other substance as a physical or psychological crutch? • Do you sometimes disengage from patients to avoid emotional burnout? • Do you and your associates often treat each other with a lack of respect? • Does mental exhaustion sometimes threaten your ability to make good decisions about patient care? • Do you feel helpless or spiritually depleted?

Think about this: What would it be like to go to work and feel joy and support with yourself and your colleagues?

Our Holistic approach helps you identify and manage stress use self assessment tools
• Modify unhealthy patterns of behavior • Formulate strategies for advancing SPHM

Date: Tuesday, May 21, 2013

Time: 10:00 am – 4:00 pm

Location: FDI Inc. 1717 East Highland Rd., Phoenix, AZ 85016

ONE TIME SPECIAL Pricing \$297.00

Sponsored by TransMotion Medical. Your price **FREE** with this offer.

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<http://bo126.infusionsoft.com/app/page/transmotion-medical-scholarship>

Four Energetic Speakers will share tips, techniques and secrets that can empower you take control of your life today to 20 people.

Michael Maske – Nationally Recognized safe patient handling expert and speaker

Maya Nahra RDLD – Leading behavioral nutritionist and author

Dane Treat MD – Family physician and holistic health coach

Carine Werner – Success Coach, Certified NLP practitioner and speaker

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