

# Refuel, Re-Energize: Beam Up Motivation, Resiliency, and Heal Our Collective Trauma

It's time to refuel, re-energize, and beam up motivation, resiliency, and heal our collective trauma from the 2020 COVID-19 pandemic! Our lives have been altered, our work has had to adapt; we feel less connected, isolated, and lost in space...but now is the time to recognize the signs of burnout and begin motivating you and your peers to re-fuel and re-energize for 2021. Let's boldly go where no other professionals have gone before!

**Friday**  
**2/26/21**  
**10:00a-NOON**  
**REGISTER NOW!**  
**CLICK HERE**

**VIRTUAL &  
ONLINE**

**Tuesday**  
**3/9/21**  
**3:30p-5:30p**  
**REGISTER NOW!**  
**CLICK HERE**

## Learning Objectives



Learn about collective trauma and how this has impacted us by the COVID-19 pandemic.

Explore what may lead to care-giving burnout and develop strategies to heal.

Enhance self-reflection to grow your resilience.



Learn strategies of emotional first aid to improve resilience, reduce burnout, and motivate you in 2021.

### Important Information:

An online training evaluation will be sent via email to complete to earn a Certificate of Attendance for the training.



A workbook and presentation slide handout will be emailed ahead of time.

\*Check your spam/junk email folders for emails from Zoom and [dana@growmylife.org](mailto:dana@growmylife.org)

Dana Johnson, MSW, holds a Master of Social Work degree and is a practicing social worker in the State of Wisconsin. He has over 10 years of direct practice and senior level management, experience in county human services, also holding positions as an educator and professional trainer. His areas of expertise include leadership development, innovation theory, ethics and boundaries, and motivating teams. Over the course of a decade he has delivered high energy, audience engaging, and impactful training. Join us and see how Dana will motivate and inspire you!

