



A Holistic Approach to Balancing Your “Life Plate” and Setting Healthy Boundaries

Presented by Allison Friedman M.A., IIN Certified

Thursday, July 18, 2024
6:00pm-8:30pm ET
Online via Zoom in ASL

0.25 GS RID CEUs (M/MH in MI)
FREE for Michigan Residents
RSVP at cwoodpd.com



This workshop is made possible by a grant from Substance Abuse and Mental Health Services Administration (SAMHSA) and is sponsored by DEAF C.A.N.! in cooperation with CWoodPD.



POLICIES

- This event will be conducted in ASL with no English interpretation. For other ADA accommodations, contact Cindy at cwoodpd@gmail.com at least 14 days prior to the event.
- This is a free event that requires participants to RSVP. Participants should contact Cindy Wood at cwoodpd@gmail.com with any cancellations as soon as they are able.
- CWoOD Professional Development promotes a learning environment free from discrimination and bias, and encourages mutual respect for all participants.

ABOUT THE PRESENTER

Allison Friedman earned her MA in sign language education from Gallaudet University and received Integrative Health Coach Certification from The Institute for Integrative Nutrition. She is known as an educator, artist, and advocate in her community.

Allison is also the owner of Sharing My Noga, a service-based business that offers integrative health/spiritual coaching and online courses. Sharing My Noga aims to provide guidance to improve spiritual wellness and mental, emotional, and physical health transformation by coaching her clients to focus on manifesting, spirituality, and holistic health.

Allison's mission is to help her clients rediscover the light inside themselves. She recently released a mini course with Deaf Academy, "How to Embrace Your Spiritual Journey: The Stages of Spiritual Awakening". Allison aims to help others seek a healthy lifestyle to create a more loving world.



IRID is an Approved
RID CMP Sponsor for
continuing education
activities.



DESCRIPTION

Think of a time in your life when you were happiest, when everything felt exciting and magical. This workshop will give you the building blocks to find that place again, and begin to live your life with more zest! We will take a holistic approach to analyzing the pieces of our lives and take a serious look at what is on our "life plate".

By taking a closer look at our "life plate" portions: spirituality, physical exercise, career, and relationships so we can begin to identify which areas need more attention and where we need to lay important boundaries. Oftentimes people believe what we eat affects the way we live but in reality, it is the opposite; what we have on our "life plate" will affect how we live, eat, work and play. During this workshop you will learn to take more control of your "life plate", and set strong boundaries that will affect your overall mental health, which will allow you to experience a fuller, more balanced life both personally and professionally.

DETAILS

- **Workshop approved for 0.25 GS RID CEUs (M/MH in MI).**
- This workshop is based in the Eastern Time Zone.
- Target Audience: The Deaf community and interpreters who work in Community, Medical, and Mental Health settings.
- IRID is an approved RID CMP Sponsor for continuing education activities. This General Studies program is offered for 0.25 CEUs at the Some/Extensive Content Knowledge Level.

OBJECTIVES

Participants will be able to:

- Define Primary and Secondary Foods as they relate to one's "life plate".
- Identify three aspects of their "life plate" that need to be reapportioned.
- Outline three professional boundaries they can immediately employ to enhance their working relationships with members of the Deaf and interpreter communities.

[REGISTER NOW](#)

