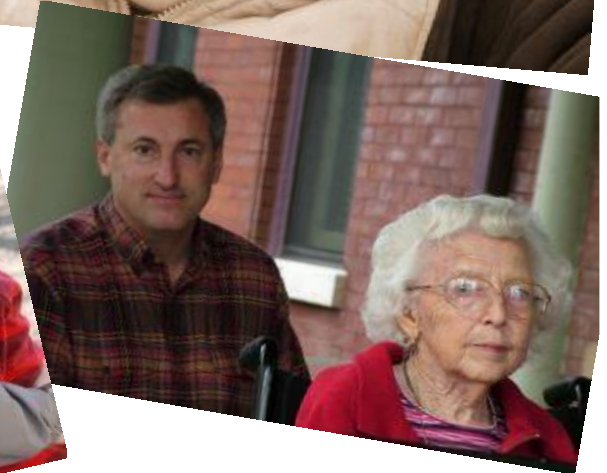
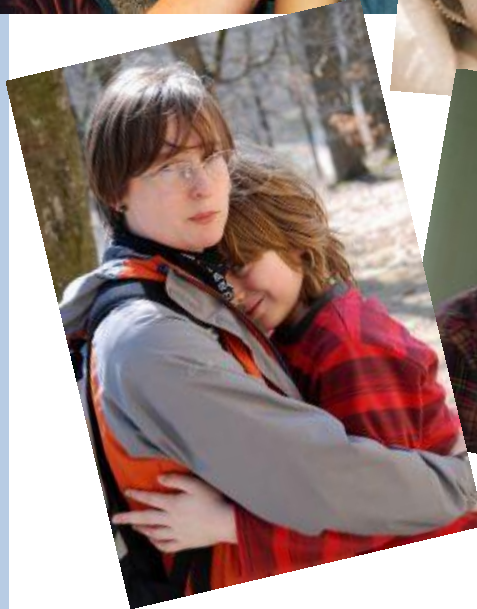


SHIRLEY MATHER

CONSULTANT & EDUCATOR,
B.Ed., HBOR, BA

- Emotional Freedom Techniques
Advanced Practitioner—AAMET
International.
- Certified Matrix Reimprinting
Practitioner
- Certified Emotional Success
Coach



DATE:
Weds. October 22, 2014

TIME:
7:00–9:00 PM

WHERE:
655 Riddell Road
(DCAFS)

COST:
\$10.00

**SEATS ARE LIMITED.
Register today!**

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ADVOCATING FROM STRENGTH: *Bringing Our Best Selves to the Table.*

When we advocate for someone—children, parents, ourselves—we are usually asking for something such as a service or support, that rights be respected, a wrong be rectified, or for a new way of doing things. It can feel like a lot of pressure and emotions can run high.

We gather information and prepare the questions we need to ask, but when we reflect later on the meeting with the decision makers, it may seem like there were invisible dynamics at work that made the difference between whether the encounter moved forward or backward.

In this presentation, we'll examine some of those dynamics, and help you advocate from your strengths.

- Understand emotions so you can fight *for* something to move forward, rather than get stuck fighting *against* something.
- Explore ways to stay emotionally healthy during the advocacy process.
- Learn to recognize our own strengths in the advocacy process and how to approach others so they can hear us.

