

Objectives for CEU Certification Breakout

Topic: **“Healing the Nurturing Heart”** Breakout Session (A ‘Nurturing the Nurturers’ Workshop.)

Objective(s)	Content Outline	Time Frame	Presenter / Faculty	Teaching Method
Indicate what the participant will be able to do at the conclusion of the activity. List objectives in operational/behavioral Terms. (Recommend no more than 1-2 objectives for each contact hour)	Outline key points that will be addressed with each objective. It must be more than a restatement of the objective and must be related to the objective.	List number of minutes for each objective. Include evaluation times.	List the faculty person who will be addressing each objective. If there is only one presenter for the event, simply state this with the first objective.	Describe the teaching methods, strategies, materials, and resources to be used by each faculty to cover each objective.
1. To assist the caregiver in realizing how important their profession is, and to truly appreciate their role in that profession.	By using an ‘ideal obituary exercise,’ the participant will identify their past accomplishments and their hopes and dreams for the future.	30 minutes	<i>Karen Taylor-Good</i>	Karen uses a combination of the spoken word and performance of songs throughout her presentations.
2. To assist the caregiver in the art of self-forgiveness	Caregivers tend to demand a great deal of themselves and often find it hard to forgive any perceived shortcomings. To help them move forward with a greater sense of self-appreciation and worth, I will use a powerful ‘mirror exercise,’ along with the song “I Forgive You Me.”	30 minutes	<i>Karen Taylor-Good</i>	<i>Music has the power to bypass the brain and go - - - - straight to the heart!</i>

TOTAL Minutes 60