

## Objectives for CEU Certification □ Keynote

Topic: **“Nurturing the Nurturers”** (A Keynote Presentation for Caregivers)

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. Articulate the importance of self-nurturance for the professional working with issues of grief and loss.	Because they are so busy and dedicated, caregivers tend to neglect themselves, as they nurture others. I will demonstrate that the care giver must “put their own oxygen mask on first” if they are to successfully care for others.	20 minutes	<b><i>Karen Taylor-Good</i></b>	Karen uses a combination of the spoken word and performance of songs throughout her presentations.
2. Identify self-nurturing ideas and affirmations for the professional care giver.	I will interact with the care givers by sharing my personal experience as a care giver who has become a healthier, more effective one by learning to take care of myself first.  Musical affirmations such as “ <b>Lighten Up</b> ” and “ <b>I’m Not that Powerful</b> ” become auditory tools for self-nurturance.	20 minutes	<b><i>Karen Taylor-Good</i></b>	<i>Music has the power to bypass the brain and go - - - straight to the heart!</i>
3. Understand the power of humor in dealing with difficult life-changing situations.	Realizing that humor is one of the most effective ways to deal with life’s traumatic situations, I will demonstrate the power of humor as we ride the roller coaster of human emotions together.	20 minutes	<b><i>Karen Taylor-Good</i></b>	

**TOTAL Minutes 60**