



Igniting **Fires** For Heart-Centered, Rational & Positive Change



We continue to be plagued with an astounding number of children, adolescents, schools and communities with social, emotional and behavioral challenges because they lack the skills they need to optimize well-being. In trying to help them, sometimes we use ways that do not work and apply interventions that are ineffective and punitive. Using compassionate language and practice is a vessel to reach each other at the heart and soul level and is applicable by using the Nurtured Heart Approach®. Sherry Blair is a leader committed to using evidence-based practices and presents the following to create social change:

- ✦ **Change Management** to lead change in homes, in schools and in communities
- ✦ **Positive Psychology** to increase well-being: PERMA: positive emotion, engagement, relationship, meaning and achievement
- ✦ **Cognitive-Rational Emotive Behavior** theory applied as a coaching model as well as a therapeutic intervention



Learning Objectives

- ✦ **Participants gain knowledge about the connection between challenging relationships in homes, school and communities.**
- ✦ **Be introduced to how all these systems work together.**
- ✦ **Acquire a basic understanding of the importance of an integrated approach with correlating research.**
- ✦ **Participants will be able to visualize how the practice of these interventions can begin to make changes in their environment at home, in schools and in communities.**
- ✦ **Participants will interact and prepare an initial action step to take the learning from this workshop immediately into practice based on the basic steps to lead heart-centered, rational and positive change in their lives.**

“The presentation was very inspirational and can prove useful for a wide variety of circumstances in the professional and personal arenas in life.”

“Very informative and inspirational.”

“I valued the ideas presented—validated my practice. It always helps when I learn new ways to communicate what I believe.”

“A very interactive workshop that brought new and more efficient terms to use while dealing with stressful situations.”

We Encourage YOU To Attend

- Administrators/Superintendents
- Children's System of Care Professionals
- Mental Health Professionals
- Anti-Bullying Coordinators
- Educators
- Parents/Grandparents/Caregivers
- Youth Leaders
- Faith Based Leaders
- Anyone Committed to Creating Peaceful Communities to Optimize Children and Teens

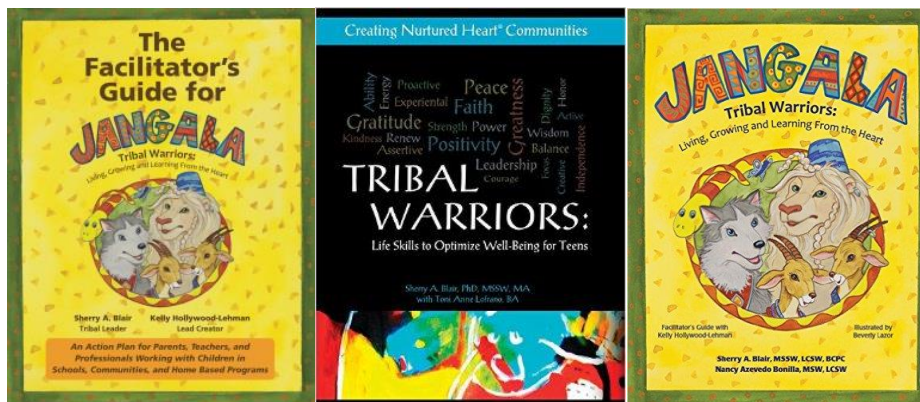


PRESENTER



As Founder of *Sherry Blair Institute For Inspirational Change*, Sherry inspires and motivates others by applying and encouraging Positive Psychology. She and her team have served thousands of children and families in New Jersey's Wraparound System of Care for over a decade. Teaching others to speak from their hearts is a key component of the work she does. Sherry is one of the first 300 in the world trained by Dr. Martin Seligman in his 2003 Vanguard Training, Authentic Happiness Positive Psychology Coaching Program. She is basic, advanced and coached trained in evidence-based REBT and had the opportunity to learn from Albert Ellis himself. Sherry graduated Rutgers University with a Bachelor of Arts in Psychology and Women's Studies. She went on to obtain her Master of Science in Social Work in Policy Analysis and International Social Welfare at

Columbia University. Dually mastered in Industrial and Organizational Psychology supports her vision to make change at the macro level in leadership and management. She is an Advanced Trainer/Certified Nurtured Heart® Specialist and has served on the Ethics & Global Summit Committees for the Nurtured Heart Approach®, a transformational approach that changes lives. She is an adjunct instructor at the University of Southern California Graduate School of Social Work. She is the author of *The Positivity Pulse: Transforming Your Workplace* and co-author of the accompanying guide, *7 Steps To Ignite Flourishing in Teams, Leaders and Organizations*. She is a recent contributor to *Roadmap to Success: America's Top Intellectual Minds Map Out Successful Business Strategies* with Ken Blanchard and Deepak Chopra. Believing children and teens need to learn these concepts at a young age, she authored *Tribal Warriors: Life Skills to Optimize Well Being for Teens/Creating Nurtured Heart® Communities* and co-authored the first in the series, *Jangala Tribal Warriors: Living, Growing and Learning From the Heart* for children.



NOTE: This seminar introduces the broader concepts and theories that are embodied in this model and is not to be considered a comprehensive training in any of the aforementioned theories and modalities. Further training and/or readings are available if desired. Resource information is provided.

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What else are people saying about this event?

"The warmth of the presenter. Laughter. Videos. Free Resources."

"Great interactive activities."

"Need to talk to school district to make this approach happen for teachers and students."

"Very interesting. Knowledgeable. Will really try to use more positivity in some of my encounters."

"I really enjoyed this workshop."

THREE Ways to Register:

1. Register ONLINE by CLICKING on the link below or copy and paste into your browser:
<http://ignitingfires.eventbrite.com>
2. Call our office at 973-746-0333 between 10:00 am & 05:00 Pm EDT. FAX FORM IN ADVANCE TO: 973-746-1533 (NOTE: PURchase orders are accepted.)
3. MAIL IN THE BELOW FORM: TO SHERRY BLAIR INSTITUTE, 80 PARK STREET, MONTCLAIR, NJ, 07042 OR FAX TO 973-746-1533 WITH CERTIFIED CHECK/MONEY ORDER.

NAME: _____

ORGANIZATION: _____

ADDRESS: _____

TOWN/CITY: _____ STATE: _____ ZIP _____

CODE: _____ TEL: _____

EMAIL: _____

\$100.00-Registration Fee HOW MANY? _____

PAYMENT TYPE (CHECK ONE): CERTIFIED CHECK

PURCHASE ORDER (Send with Registration)

CREDIT CARD TYPE _____

CC# _____ Exp. Date ____/____/____

Sec Code _____ NOTE: We do not store credit card information.

If you have any complaints or grievances, contact Toni Anne Lofrano at Sherry Blair Institute For Inspirational Change at tonianne@sherryblairinstitute.com or call 973-746-0333.

If you require special accommodations, call Donna or Toni Anne at 973-746-0333 or email tonianne@sherryblairinstitute.com.

Certificates will be distributed at the end of the seminar upon approval of required attendance.

Refunds are issued within 30 days of the event minus a \$10.00 processing fee. From day 29-1, a credit would be issued for a future event minus a \$10.00 processing fee.

DATE, TIME & LOCATION

Thursday,
November 19, 2015

United Way of
Northern Essex
60 S. Fullerton Ave
Montclair, NJ 07042

TIME
REGISTRATION
09:00 AM - 09:45 AM
PROGRAM
09:45 AM - 03:45 PM



This course, *Igniting Fires For Heart-Centered, Rational, and Positive Change*, Approval #151302-926, provided by Sherry Blair Institute for Inspirational Change, is approved for continuing education by the New Jersey Social Work Continuing Education Approval Collaborative. CE Approval Collaborative Approval Period: August 17, 2015 through August 31, 2016. Social workers will receive **five (5) non-clinical** continuing education hours for participating in this course.

This program has been approved by NBCC for NBCC credit. Sherry Blair Institute is solely responsible for all aspects of the program. NBCC Approval # SP-2512 for 5 CE hours.