

The Missouri Alliance for Home Care in partnership with the Connecticut Association for Healthcare at Home presents...

# Me to We: Developing Mental Toughness During Times of Uncertainty

Webinar • Tuesday, December 8, 2020 • 1:00 — 2:30 pm CST

This program is for both frontline and leadership staff and how they can effectively engage self care strategies regardless of their level within their organization. Being mentally tough means individuals are equipped to do what needs to be done regardless of how they feel or even if they like it. Pam and Vik will explore the three attributes of being mentally tough and provide participants with a practice framework for adopting new behaviors.

**Presenters:** **Pamela J. Green** is a culture, conflict resolution and coaching expert with more than 30 years of experience in leadership and executive leadership. She spent most of her career working in non-profit organizations leading human resources and other business functions.

**Vikram (“Vik”) Kapoor** is a certified coach (PCC), trainer, and facilitator with deep expertise in multicultural communication, inter-generational collaboration, and psychological safety on teams.

## Registration Form

Registration fees are for 1 connection. For additional connections, copy this registration form & send in with proper payment amount.

**\*If paying by credit card please mail or fax your registration form for security reasons\***

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Me to We—W

**Registration Fees for Webinar: 3% discount if paying by check**

**MAHC Members**—\$159.00 Check/\$164.00 Credit Card

**Non-Members**—\$318.00 Check/\$328.00 Credit Card

**TOTAL AMOUNT ENCLOSED** \_\_\_\_\_



**Mail Registration & Payment to:**

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Jefferson City, MO 65109

Phone: (573) 634-7772 Fax: (573) 634-4374

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**Cancellations:** Refunds will NOT be issued for cancellations received December 4, 2020 or after and non-paid registrations will be billed full conference price. Cancellations received prior to December 4, 2020 will receive a 90% refund.

**Please Note:** Webinar registrations may not be shared between agencies. Your registration covers the access of only one log in to the webinar.

**Confirmation:** Handouts and any related materials will be sent shortly before the program to the email address you provided.

**Continuing Education:** NO CE available for this session.