



**Comfort
Keepers®**
Elevating the
Human SpiritSM

Power Pausing with Jeanette Bronée

A free 1 hour webinar and CEU credit

Comfort Keepers In-Home Care will present a lunchtime webinar led by Jeanette Bronée, workplace culture strategist, three-time TEDx speaker, and author of *The Self-Care Mindset*.

Learn to use Power-Pausing in order to stop, create room and reset. This technique offers a way to handle challenging moments and can help you refocus, adapt, and move forward. (You can think of it as mindfulness in action.)



Power-Pausing

Harness the human connection, starting with the one we have with ourselves

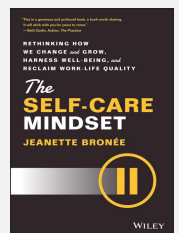
Tuesday, June 11, 2024 at 1pm est

<https://tinyurl.com/56zb4fkv>

Use the QR code or the link to register for the webinar. Admission is free and open to all. CEUs are available at no cost to attendees.

**Certified by the Association of Social Work Boards (ASWB)
and the American Nurses Credentialing Center (ANCC)*

*Registered attendees will
be eligible to win a signed
copy of *The Self-Care
Mindset* in our post-event
raffles.*



For more information, please contact: AnnaHolden@ComfortKeepers.com