

## Wraparound Seminar

### Professional Development: Strengthening confidence for meaningful and effective work

Tuesday, September 23, 2025

9:00 a.m. to 2:30 p.m.

Virtual via Zoom

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#### Objectives

- Increase **self-awareness and emotional regulation skills** to reduce stress, manage personal triggers, and prevent fatigue in emotionally demanding roles.
- Recognize and **honor personal perspectives and emotional experiences** while maintaining professional boundaries to support effective interactions with youth, families, and colleagues.
- Explore strategies to **enhance career engagement and a sense of purpose**, and identify practices that contribute to meaningful work and sustain motivation.

#### Agenda

<b>9:00 – 9:10</b>	<b>Welcome and housekeeping</b>
<b>9:10 – 10:30</b>	<b>How do you show up? Examining the link between Emotional Intelligence and Compassion Fatigue</b> <i>Sara Newman, LCSW</i>
<b>10:30 – 10:45</b>	<b>Break</b>
<b>10:45 – 12:00</b>	<b>Boundaries Through the Lens of Attachment: Embracing the Mess and Masterpiece Within</b> <i>Kelly Kivel, MS, LPCC (MN), LPC (WI)</i>
<b>12:00 – 1:00</b>	<b>Lunch</b>
<b>1:00 – 2:30</b>	<b>Self Awareness Through the Seven Anishinabe Teachings: Guiding personal growth through cultural wisdom</b> <i>Esie Leoso Corbine</i>