



# CRPA Summer Quarterly

Wednesday, June 6, 2018



## Schedule:

- 10:00 am - 10:30 am: Registration & Coffee
- 10:30 am - 1:30 pm: **Thriving in the Overwhelm** (.3 CEU's)
- 1:30 pm - 3:30 pm: Lunch on the Patio!

## Location:

**Paradise Hills**  
15 Windswept Hill Rd  
Wallingford, CT 06492

Interested in Sponsoring Coffee?

[CLICK HERE](#) or contact the CRPA office:

860-721-0384 | info@crpa.com

**Thank You  
to our Lunch  
Sponsor!**



## Registration:

*Payment must be received by May 23<sup>rd</sup>. No refunds for cancellations after May 23<sup>rd</sup>. Registrants that do not show without canceling prior to this date will be billed the full amount.*

Please note: due to space limitations for the education session, vendors are asked to register for LUNCH ONLY

Contact: \_\_\_\_\_ Organization: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail: \_\_\_\_\_ Phone: \_\_\_\_\_

**PLEASE NOTE: All registration spots have been filled!**

**Return this form to CRPA if you would like to be added to our waitlist. CRPA will contact you in the event that a space opens up.**



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### Thriving in the Overwhelm (0.3 CEU's)

Are you stressed all the time? Does your busy life have you putting yourself last on the priority list? In this workshop, participants will focus on cultivating their wellbeing by scheduling and honoring time for self-care, getting clear on their essential priorities, doing what truly matters first, being present with and grateful for what is, and letting go of the need to do and be more, more, more. Participants will discover practical and applicable tips for how they can reduce stress while learning about the benefits of happiness and the relationship between happiness and success. We will discuss how to identify your own top values and how to make decisions and commitments that are intentional, of utmost importance, and aligned with these values. Participants will learn simple 60-minute strategies for lowering stress and enhancing mental clarity and be challenged to let go of the mental and physical clutter that bogs them down, stresses them out, and holds them back. Let go of daily life balance as the goal and embrace the importance of "life harmony" and "balance" over the long-haul instead!



### About the Speaker: Dana Hilmer, *Founder, THRIVEitude, Inc.*



Dana Hilmer is the founder of THRIVEitude, Inc., as well as a Leadership & Personal Development Coach & Positive Psychology Educator. Dana is passionate about helping people create the life and work they love.

As a former New York City magazine publishing executive, she understands first-hand the stresses faced by employees of all levels AND the challenges women face as they climb the corporate ladder. That is why she founded THRIVEitude, Inc., to bring the research-based science of happiness and human potential to life for organizations of every size.

Inspiring and always actionable, Dana works with individuals and teams to provide strategies and tools to cultivate positive transformation. Through coaching, keynotes, workshops, and the flagship Women's Leadership THRIVE\*circle Program, she helps people gain clarity on their vision for both their life and leadership, harness their strengths, and master their mindset (a.k.a. "THRIVEitude") so they can rise-up, share their unique gifts with the world and in so doing be an agent for positive change. The bottom line: A decrease in stress and burnout and increased outcomes in productivity, engagement, happiness, and success. Dana has been featured on hundreds of radio and television shows across the country and she speaks on topics related to the power of living your truth, mastering your mindset, optimal living, and creating the life and work you love. Dana lives in Madison, CT with her husband and their three teenage boys. DanaHilmer.com.