



Balancing work, health, relationships and family during the holiday season can be quite challenging. How we approach and prioritize self-care significantly influences our sense of presence, fulfillment and connection to what matters most in our lives. Engaging in acts of self-care enhances our ability to cope with difficult situations and reduces the risk of burnout, thereby strengthening relationships with loved ones and colleagues. In this webinar, we will share strategies to make self-care an intentional practice.

You can look forward to hearing about:

- The importance of self-care
- How to practice acts of self-care
- How self-care can positively impact those around you
- The importance of self-care during the holiday season

MEET OUR HOST



Doreen Davis
SVP Well-Being & Engagement, Atlantic Region,
NFP, an Aon company

MEET OUR SPEAKER



Pasha Bashoun is a Director of Family and Clinical Services at **RethinkCare**, where he conducts 1:1 parent consultations with families around the world as a Board Certified Behavior Analyst (BCBA). He has developed a passion for implementing a holistic approach to supporting individuals with various mental health and behavioral challenges as a result of his research at UCLA and Columbia, and throughout his career. He has had the privilege of working with neurotypical and neurodivergent children, teens and adults, in homes, schools, group homes and the community, and collaborated with parents, educators and service providers in the implementation of treatment plans. Pasha has developed a social skills curriculum and had the opportunity to present his research at two international ABA conferences in 2019, titled, "The Value of Curriculum-Based Social Skills Training." He has worked in the realm of education and mentorship in some form for all his life.

VIRTUAL WEBINAR

HOLIDAY PRESENCE: INCREASING CONNECTION WHILE PRIORITIZING SELF-CARE

WHEN

Tuesday, November 12, 2024
Noon – 1:00 p.m. ET

HOW TO REGISTER

Visit go.nfp.com/increasing_connection



WHO CAN ATTEND?

This free session is open to all NFP clients and their employees, as well as NFP employees. It will be recorded and made available to all registrants.
**Approved for 1 HRCI credit*

QUESTIONS?

Email NFP's Atlantic region Well-Being team at NFPAtlanticWellbeing@nfp.com