



# The Carousel of Hope & Healing

In the worst hour of a family's life...hope & healing

## 'Getting To Yes' Series

### PART 3: Restorative Self-Care for Your Difficult Days

The nature of OPO work requires all attention on the family and the process of authorization with little time spent on self-care and restoration. The work is intense, connected to trauma, and requiring real precision in a timely and compassionate manner. Burnout and sleepless nights are common for those who have not yet learned the skills of how to attend to traumatized families while remaining calm, present, and hope-filled.

This workshop offers a series of Brain-based Restorative techniques taught by Stephanie Shipper, a Brain-Based Trauma Specialist with 33 years in the field.

- Focus Restoration techniques
- Emotional Stress Relief when Overwhelmed
- Trauma Release strategies that Restore Calm and Rest

### Investment:

**\$1295** for your group of up to 4 Team Members.  
We make this available at a time convenient for your team.

### Your Trainer for This Session:

Stephanie Shipper is a Certified Trainer of Neuro-linguistic Programming (NLP) and a Consulting Kinesiologist (IAKP). For 33 years Stephanie has specialized in Brain-Based, pragmatic applications of neuroscience and transformational linguistics to foster resilience in the lives of Doctors/Medical Professionals, Researchers, and agencies serving the public good.



### Find Out More:

Sign up through our website at <https://carouselofhopeandhealing.com>  
or contact Eric Lanphear at:

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