

*Virtual Training*

# ENHANCING RESILIENCE

PRESENTED BY: CHARLOTTE  
TOOTHMAN



**OCTOBER 1, 2022**

**11:00 AM-2:00PM CST**

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## *Workshop Description*

Every day we face situations and challenges just by living in a world that is increasingly more complex. Our responses/ reactions to these situations determine our happiness, effectiveness and well-being. In our work, we are faced with both satisfaction in knowing that our work makes a difference in equity and equality of access as well as challenges to being able to provide the best quality of service we desire. In this workshop, we will learn how our brains serve us in these endeavors and how our own values and mind traps can be harnessed to provide more satisfaction, effectiveness and alignment with the communities that we work with.

## *Educational Objectives*

- To learn what happens in our brains that cause emotional reactions
- To understand our individual core values and how they drive our behavior
- To learn and notice the ways our mind traps influence our choices
- To learn a process for understanding our thought processes and to evaluate their effectiveness for us
- To apply appreciative inquiry to enhance our superpower/s
- To identify strategies that can enable us to develop and utilize self-awareness in order to be more resilient.

## *Workshop fees*

**LRID Members: \$40**

**Non-LRID Members:\$50**

**Student: \$25**

## *Cancellation Policy*

Cancellations before 9/3/22 will be granted a full refund. Cancellations from 9/3/22-9/17/22 will be given 50% of the paid registration cost back. After 9/17/22 no refunds will be given for cancellations.

## *Continuing Education Units*

LRID is an Approved RID CMP Sponsor for continuing education activities. This professional studies program is offered for **0.30 GS CEUS** at the None/Little Content Knowledge Level.

The LRID shall not discriminate in matters of membership or conference attendance on the basis of age, color, creed, disability, ethnicity, hearing status, national origin, race, religion, sex, sexual orientation, gender identity, or gender expression.

Target audiences for the workshops are from students, novice to experienced interpreters and Deaf Community.

## *Accommodations*

**\*\*Interpreters will be provided\*\***

If you need any other accommodations, LRID must be informed by September 24, 2022. Please email [lrid.secretary@gmail.com](mailto:lrid.secretary@gmail.com) to notify of accommodations.

## *Presenters Biography*

Charlotte Toothman has held a CSC from the RID since 1981 and also holds certificates as a life coach and an organization and relationship systems coach (CPCC and ORSCC). She has been interpreting and teaching interpretation for more than thirty years in post-secondary and workshop settings. A few topics she is passionate about include the use of power in interpreting, cultivating resilience, developing relationship intelligence, working and teaming collaboratively and cultivating powerful business relationships as interpreters. Currently, she works doing community interpreting along with having a consulting practice in Coaching and Organizational Development.

Charlotte holds an MS in Audiology, an MS in Management, CSC, CPCC and ORSCC certification and is a member of RID, CIT, NorCrid and a number of professional coaching organizations.