

## **PRESENTATIONS**

"Release & Reset Workshop." Workshop at Reset and Restart Conference hosted by Integral Care, Austin TX. April 2021.

"You Are The Medicine You Need: A Simple Self-Healing Workshop to Release Stress and Restore the Spirit." Seton Cove, Austin TX. October 2020.

"Community Healing Circle." Workshop for the Board of Austin IN Connection, Austin TX. March 2020.

"Appreciating our Strengths, Honoring our Differences" and "The Four Agreements and Co-Creating a Healthy, Supportive Collaboration." Staff retreat for Hays CISD PEP Program, Community Action of Central Texas-Early Head Start, and Texas State University, San Marcos, TX. August 2019.

"The Healing Potential of Conflict." Seton Cove, Austin TX. November 2019.

"Visioning Healthy Communication and Positive Community Culture." Five presentations at clinic intern meetings. AOMA Graduate School of Integrative Medicine, Austin TX. May 2018.

"Self-Care and Community Wellness." Co-presented in two final field seminars for BSW students. Texas State University, San Marcos TX. April 2018.

"Authors' Panel". One of five panelists at community seminar. AOMA Graduate School of Integrative Medicine, Austin TX. February 2018.

"Self-Care and Wellness Support Group". Serenity Wellness Center, Austin TX. Summer Series June, July, August 2017.

"Conflict Styles and Personality Differences". AOMA Graduate School of Integrative Medicine, Austin TX. July 2017 and September 2017.

"Serving Others with Ease and Grace". Serenity Wellness Center, Austin TX. May 2017.

"Mindful Eating". AOMA Graduate School of Integrative Medicine, Austin TX. May 2017.

"Slowing Down While Keeping Up". Restoring Balance Luncheon, Seton Cove, Austin TX. April 2017.

"Guided Meditation and Self-Care Support". AOMA Graduate School of Integrative Medicine, Austin TX. February 2017.

"Intergenerational Women's Retreat". Seton Cove, Austin TX. January 2017.

"New Year Visioning". AOMA Graduate School of Integrative Medicine, Austin TX. January 2017.

"Dance It Out: Therapeutic Movement Workshops". Private venue, Austin TX. Monthly series from October 2016-May 2017.

"Showing Up and Seeing What Happens". Restoring Balance Luncheon, Seton Cove, Austin TX. April 2016.

"Intergenerational Women's Retreat". Private Venue, Dripping Springs TX. January 2016.

"Student Life, Stress, and Self-Care". AOMA Graduate School of Integrative Medicine, Austin TX. January 2016.

"Beliefs that Hold You Back from Success". AOMA Graduate School of Integrative Medicine, Austin TX. August 2015.

"Loving Presence: Rediscovering Compassion for Self and Others". Dar a Luz, Albuquerque NM. July 2015.

"Moving in the Direction of Your Dreams". Mission College, San Jose CA. June 2015.

"When in Doubt, Stop Doubting: A Contemplative Writing Workshop". Austin Public Library, Austin TX. April 2015.

"Letting Go: A Heart-Centered Workshop for Doula's and Midwives". Austin Born, Austin TX. April 2015.

"Book Signing and Book Release Event for Lessons of Labor". BookPeople, Austin TX. February 2015.

"Professional Communications in Challenging Cases". AOMA Graduate School of Integrative Medicine, Austin TX. January 2014.

"School, Family, Work, Life: Holding Intention While Juggling It All". AOMA Graduate School of Integrative Medicine, Austin TX. November 2013.

"Mindful Eating". AOMA Graduate School of Integrative Medicine, Austin TX. May 2013.

"Motherself: A Mindfulness-Based Support Group". Private Venue, Austin TX. Monthly Group from March 2010-December 2010.

"Learning Our Lives: An Exploration of Self and Purpose". Kabbalah School, Austin TX. Series of classes from March 2008-April 2008.

CEU Daylong Retreat. "The Soul of Service: Being Present to What Is". Private Venue, Austin TX. July 2005.

CEU Daylong Retreat. "Remembering Ourselves: A Retreat for Helping Professionals". LifeWorks, Austin TX. March 2004.

"The Dying Process and Compassionate Care". Girling Hospice, Austin TX. January 2003.

"Jakata Tales: A Youth Meditation Retreat and Exploration". Co-Facilitator. Life Transitions Institute and Upaya Center, Santa Fe, NM. Summer 2001.

"Healthy Relationships". Austin Recovery Center, Austin TX. Winter 2000.