

## **“Get It Off!” What to Do When Your Work Gets Stuck to You**

Presented in ASL or English

3-8 hours, 6-7 is optimal

Interpreting work is sticky, and often hard to forget. Some interactions can have an impact on us long after we leave an assignment, and we don't always have safe ways to process. Over time this can lead to stress, injuries, & burnout. If you would like to add new tools to your bag to aid in reflecting on interpreting work, improving decision-making, and decreasing burnout then this workshop is for you. Participants will have a chance to explore areas of stress in their work and to learn and practice tools to increase clarity, happiness & peace. This workshop utilizes hands-on and experiential learning opportunities so you can make this information your own and feel comfortable using it long after our time together.

### Educational Objectives

- Participants will understand each part of the 5-step inquiry process, how to facilitate it for themselves, and what the importance of each step is.
- Participants will be able to identify their stressful thoughts and apply the 5-step inquiry process.
- Participants will understand the 3 kinds of business and will have the tools to use it during a stressful situation.
- Participants will have practice facilitating the 5-step inquiry process