

**South Carolina Association of Prevention Professionals and Advocates
Annual Meeting & Training**



Motivating the Motivator: Self Care & You

Thursday, December 14, 2017

Brookland Conference Center, 1066 Sunset Blvd., West Columbia, SC 29169

9:00 am	Registration, Continental Breakfast
9:30 am	Welcome/Introduction of Speaker Topic: Motivating the Motivator: Self Care & You Speaker: Eunika Simons, BA, MSW The Weathers Group
11:45 am	SCAPPA Awards Jan Oglietti Fundraiser
12:15 pm	Lunch
1:00 pm	SCAPPA Business <ul style="list-style-type: none">❖ Remembering our Colleagues (January 2017-December 2017)❖ Annual Report❖ Certification Report❖ Recognition of New Certified Members❖ Introduction of the SCAPPA Board
3:30 pm	Announcements, Evaluations, & Adjourment

You spend your day pushing, motivating, driving, and encouraging others. You expend a tremendous amount of energy and effort on ensuring others are pumped up and at their best. After all of this, who's encouraging you? ***That's what this session is all about.*** Let's face it, those that lead and direct need some motivation and encouragement, too. The sad fact of the matter is that often times, we don't get it; then it begins to show. We lose our edge, we get discouraged, and it affects our entire team. ***Motivating the Motivator will help you rekindle the fire before you burn out.***

Training Objective:

You will learn the value of self-care and self-motivation as well as habits and techniques to renew and maintain your passion and focus for your calling.

Takeaways/Objectives:

- Methods to refresh and revive your attitudes
- Identify boundaries and life balance which contribute to your personal well-being
- Assess yourself for burnout symptoms and opportunities to create self-care habits
- Learn and share tips and methods for self-care activities that go beyond physical health
- Commit to implement one small self-care activity post session

<http://www.scappaonline.org/>

<https://www.facebook.com/pages/South-Carolina-Association-for-Prevention-Professionals-Advocates/>

Speaker Bio



Eunika Simons, BA, MSW

Eunika72@gmail.com

Eunika Simons is a faculty member for University of South Carolina College of Social Work, and has held that that appointment since 2005 teaching graduate coursework in community social work practice. As an experienced TWG Associate, Eunika is a skilled organizational leader, facilitator, communicator and trainer with strong problem solving, strategic thinking, organizational and team building skills.

Prior to her position at The University she served as the Executive Director of the Reconnecting Communities Coalition before her return to school to earn her PhD. Eunika also has over 18 years of non-profit management experience including serving as Director of Community Services and Behavioral Health at Family Service Center, Executive Director of Communities In Schools, and the Santee-Lynches One-Stop program.

Education

BA
MSW

Professional Activities & Achievements

Non-Profit Leadership Institute at Francis Marion University
Excellence in Leadership Program from the University of Georgia

Practice Area

Leadership

South Carolina Association of Prevention Professionals and Advocates
Annual Membership Meeting & Training



Motivating the Motivator: Self Care & You

Thursday, December 14, 2017

December 14, 2017

9:00 a.m. – 3:30 p.m.

(Registration is 9:00 am-9:30 am)

Brookland Baptist Church Conference Center

1066 Sunset Blvd.

West Columbia, SC 29169

Cost: \$40 SCAPPA Members; \$50 Nonmembers
***Nonmembers--Pay \$65 and become a new SCAPPA Member!
(Cost includes continental breakfast & lunch buffet. *Make checks payable to SCAPPA*)

Visit www.scappaonline.org for membership application and SCAPPA updates.

SCAPPA Member Yes No

Name:

Agency:

Address:

E-mail:

Phone:

Registration Deadline— December 1, 2017

Send payment and registration form (and membership form, if applicable) to:

SCAPPA

C/O Brandi Simmons

Phoenix Center | P. O. Box 1948 | Greenville, SC 29602

(For more information 864-467-3927 bsimmons@phoenixcenter.org)

*****NOTE**

- A check or money order must accompany your registration form.
- Your registration will not be processed if payment is not attached.
- No refunds will be given; however, substitutions may be made if received in writing.
- **Room Temperature:** Please bring a jacket to ensure your comfort

