The Mother-Scientist Reset: A Program for the Rejuvenation of the Mind, Body, and Spirit in the COVID Era

Launching January 2021
Fridays, 11am-12pm MST
Virtually via Zoom

This six-week interactive online development program focuses on increasing professional-personal life balance via the rejuvenation of the mind, body, and spirit.

Specific topics covered include:
• Burnout Prevention & Recovery
• Identifying Healthy Expectations
• Strategic Planning for Balance
• Navigating Professional & Personal Transitions
• Mindfulness
• Emotional Awareness & Management
• Addressing Internal Dialogue
• Celebrating Success

This program is for female-identifying academic faculty who are (a) research-focused (defined as 50% or more protected time for research), and (b) currently parenting children who are school-aged or younger.

The Co-Facilitators
Laurie Cape, MAE, LPC
Therapist, Life Coach, Mom
Alicia Allen, PhD, MPH
Researcher, Academic, Mom

To learn more and register:
• Register Here: https://redcap.link/MSReset
• Laurie: https://www.lifelongyou.net/
• Alicia: https://tinyurl.com/amallenphd

Registration Closes on January 1!
Space is limited!