



# CPR: Counselor's Personal Resilience

## *Retreat*

**Friday, October 16th, 8:00 PM**

*You spend every day helping others find their way.  
This retreat is your opportunity to reconnect with you.*

### **What to Expect:**

- Practical strategies for self-care
- Reconnect with your purpose
- Wellness practices you can actually use
- Connection with fellow counselors
- Deepen your conference experience

### **Led by:**

Sid and Liz McNairy, LMHC  
Sid McNairy, best-selling  
author and recipient of the  
Ambassador of World Peace Award

Liz McNairy, Licensed Mental Health  
Counselor and Elementary School Counselor



***\*Wear comfortable clothes. While this is not a yoga class, you will have the option to lay down.  
If preferred, bring a yoga mat or towel. Chairs are available.***



# Stay the Course to Self-Care



## Free Resources

Growth doesn't happen alone. Join us for free conversations and virtual learning opportunities designed to encourage you all year long.



## Books to Grow

Keep the conversation going with books that inspire resilience, leadership, and purposeful living.



## Resilience Lab

The Resilience Lab is an ongoing learning community with practical tools, coaching, and encouragement to help you flourish.



*Wherever your course leads next, thank you for the work you do every day for students, families, and schools.  
Sid & Liz McNairy*