



Rejuvenate

Teachers are experts at planning and preparation. During these challenging times of ongoing uncertainty and rapid changes, the importance of resilience, adaptability, and dealing with ambiguous loss is more important than ever. This rejuvenating series will focus on identifying strengths, gathering supports, encouraging self-care and providing resources that can uplift and relieve the daily challenges inherent to this upcoming (school) year.

This ten-week rejuvenation program (September 15-November 17, 2020) is designed to offer a respite for teachers. Although specifically geared for teachers, the program offers strategies applicable to individuals interested in rejuvenating their own journey during these unprecedented times and all are welcome.

To watch our informational Zoom Trailer, please see us on YouTube at:

<https://youtu.be/Vsw55jTm2xY>

To Register for the event, or to get more information, please visit us at:

<https://sites.google.com/view/rejuvenate-teachers-program>

Program offered by Anna Marie Hrivnak BA Psych. & M.Ed. & Cort Hrivnak BS Psych., M.A. Psych & M.A. in Theology

Cornerstones of the program...

- Resilience Strategies
- Impact of Ambiguous Loss
- Power of Identifying Strengths
- Importance of Adaptability
- Guest Speakers on Mental, Emotional, & Physical Well Being

What the program is and is not...

- The program will **focus on positive psychology** versus stressful and frustrating daily challenges.
- The program will **provide ways to cultivate an environment (internally and externally) conducive to growth** versus becoming disempowered by negative circumstances.
- The design of the program is to **NOT allow** daily frustrations, constant changes, restrictions, anxieties, and the unpredictability of future events to overwhelm and consume us.

Tuesdays on Zoom 7:00 - 8:00 PM

September 15 - November 17

\$30.00 for 10-Week Series *

(Sessions will be recorded and made available online if you are not able to make the live Zoom calls)

** The program fee is offered to make it attainable for all to attend. It is coupled with an opportunity to offer a donation to sustain the ongoing costs associated with running a comprehensive outreach program.*



Part of The Starting Point, Inc. of
New Jersey Education Series.

www.startingpoint.org



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Anna Marie Hrivnak

Anna Marie has a Master of Education and a Bachelors in Psychology. Her enthusiasm for counseling, life coaching, teaching and writing is the cornerstone of her practice. Anna Marie's thirty-seven years in the teaching profession, her experience as an Assistant Principal and her work as a school counselor, provide a strong foundation for her work. Her understanding of the psychological effects of stress from everyday life and past traumas, give her a wide range of connected experiences when working with her clients. As a creative innovator, she offers her clients an opportunity to explore the constructive resources and strategies needed to embrace a grounded clarity toward healing and self-empowerment. Anna Marie has been a counselor and life coach at The Starting Point since 2005.



Cort Hrivnak

Cort has a B.S. in Psychology from St. Joseph's University, a Master of Science (M.S.) in Clinical and Counseling Psychology from Chestnut Hill College, and a Master of Arts (M.A.) in Theological Studies from Boston College. Cort works with his clients to break unhealthy and unhelpful patterns in their lives. By creating a safe and supportive environment, therapist and client seek to discover negative thoughts, feelings, and/or actions that are instrumental in keeping the client stuck in their unhealthy life cycle. Once these negative factors are identified they can be challenged and transformed into positive, life giving tools. He seeks to assist his clients in growing and developing their ideal self by cooperatively developing a therapeutic plan that suits the individual client's strengths and needs. Although his original bachelor's degree was in psychology, Cort spent 10 years in the Information Technology field before returning to school to persue counseling psychology. Cort has been a counselor and life coach at The Starting Point since 2012.

Anna Marie and Cort have worked on numerous programs and workshops together including series focusing on Positive Psychology, various mental/emotional health topics, and breathing and labyrinth walking activities.